EAT GREEN • LIVE WELL

vegetarian times

March 2010

vegetariantimes.com

light & tasty

35 healthy recipes under 350 calories

6 frozen veggies chefs choose

Comfort food makeover mac 'n' cheese for grown-ups

Fresh ideas for 30-minute dinners

LIVE SPRING ROLLS WITH LEMON-GINGER DIPPING SAUCE, p. 36

Celebrate spring

Spanish flavors tapas & wine

Super seder a vegetarian menu

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contents

March 2010 | ISSUE 375 | VOL. 36 | NO. 4

features

54 Chefs' Guide to Frozen Vegetables
Professional cooks reveal six freezer-aisle winners, plus tips on how to use 'em.
BY LAURIE GAUGIN

60 CSA the Right Way
Eager to sign up for Community Supported Agriculture? Here's what you need to know.
BY HILLARI DOWDLE

64 Coffee Klatch
Gather your friends for a coffee-tasting party, complete with sweet homemade treats.
BY FIONA KENNEDY

70 1 Food 5 Ways: Cabbage
Tap into the culinary charms of a nutrient-packed veggie staple.
BY MAGGIE PATINELLI

on the cover

- FRESH IDEAS FOR 30-MINUTE DINNERS 34
- COMFORT FOOD MAKEOVER: MAC 'N' CHEESE FOR GROWN-UPS 38
- SPANISH FLAVORS: TAPAS & WINE 46
- SUPER SEDER: NEW VEGETARIAN MENU 50
- 6 FROZEN VEGGIES CHEFS CHOOSE 54

ARTICHOKE RAGOÛT WITH SAFFRON AND OLIVES, p. 58

cover
Photography by Beatriz Da Costa
Food styling by Pierre Riviere

Find more magazines at www.magazinesdownload.com

50
spring feast

34
raw made simple

24
bright ideas

24 goods
Five brilliant tools to brighten up your kitchen experience.
BY GABRIELLE HARRADINE

26 eco-beauty
Enrich your beauty routine with fair-trade botanicals from Africa.
BY ELIZABETH BARKER

28 ask the doc
How many calories do you really need?
BY NEAL BARNARD, MD

30 healing foods
Discover the sweet healing benefits of raw honey.
BY MATTHEW KADEY, RD, AND MARY MARGARET CHAPPELL

34 30 minutes
Freshen up weeknight dinners with four easy live-food creations.
BY MARK REINFELD AND JENNIFER MURRAY

38 technique
How to master the art of the roux, a French recipe starter that's integral to rich, saucy dishes.
BY MARY MARGARET CHAPPELL

44 gluten-free pantry
Get the full scoop on protein-packed amaranth.
BY ANNALISE ROBERTS

46 5 ingredients
Celebrate Spanish flavors with easy tapas and affordable wines.
BY LARAINE PERRI

50 easy entertaining
Mark the start of Passover with a delicious vegetarian seder menu.
BY MYRA KORNFELD

staples

6 editor's note
8 contributors
12 letters
14 this just in
83 recipe index
84 one on one

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fresh start

I wish I could snap my fingers and make spring come a few weeks earlier this year. But since that's not going to happen, I'm happy to tide myself over with the bright, fresh flavors of this month's cover recipe, Live Spring Rolls with Lemon-Ginger Dipping Sauce.

It's one of four revelatory dishes you'll find in "Dinner in the Raw" (p. 34). Contributed by Mark Reinfeld and Jennifer Murray, these recipes are living proof that you don't need to wait for spring and summer (or go to a lot of trouble) to get a taste of great raw cuisine.

While munching on spring rolls and looking forward to sunny days, you might want to consider where you'll be getting your fruits and veggies in the months ahead. Contributing editor Hillari Dowdle has spent a lot of time mulling over that question lately as she prepares to write a check to a CSA farmer in Knoxville, Tenn.

What's a CSA? Even if the term sounds unfamiliar to you (it stands for Community Supported Agriculture), you probably know someone who's joined up, buying a share in a local farmer's crop in exchange for a weekly box of produce. The trend is growing: LocalHarvest (localharvest.org), the most comprehensive online directory of CSA farms, now lists more than 2,500 CSAs in its national database.

When it's good, participating in a CSA can be really good. But when it's bad—as Hillari learned firsthand last year—it might be because you didn't do your homework. In "CSA the Right Way" (p. 60), Hillari does some digging into how she (and you) can get it right in 2010.

Elizabeth Turner

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC

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contributors

Annalise Roberts

Writer, Recipe Developer, "Top Seed," p. 44

What did you discover while on this assignment?
That *Vegetarian Times* is read by many people, like me, who aren't vegetarians, but love vegetables and eat a lot of them.

What's your No. 1 pantry staple?
Gluten-free pasta and pasta sauce.

What was your best improvisatory moment in the kitchen?
I was blanching broccoli spears for a dinner party so I would only have to sauté them briefly with olive oil and lemon zest just before we sat down to eat. But I overcooked them, and they totally fell apart. So I made an incredible broccoli gratin out of them.

Write your memoir in six words:
She thought, she cooked, she entertained.

Matthew G. Kadey, RD

Writer, "Healing Foods: Honey," p. 30

Who or what inspires you most?
Studying a world map.

What did you discover while on this assignment?
How many wonderful varieties of honey there are.

What fruit or veggie best describes you and why?
Goji berries, because I am well-traveled.

What was your most memorable dining experience ever?
Cafe Diablo in Torrey, Utah, when I realized the girl across the table was the one for me.

What was your best improvisatory moment in the kitchen?
Tossing mashed sweet potato into brownies.

Write your memoir in six words:
A man who suffered from wanderlust.

Maren Caruso

Photographer, "Coffee Klatch," p. 64

Who or what inspires you most?
Fresh air.

What's your No. 1 pantry staple?
Salt, a little bit on almost anything works for me.

What's your favorite piece of cookware?
An old-fashioned Whirley Pop popcorn popper.

What fruit or veggie best describes you and why?
An avocado—you can find me at my best in tropical environments.

Write your memoir in six words:
Row, row, row your boat gently.

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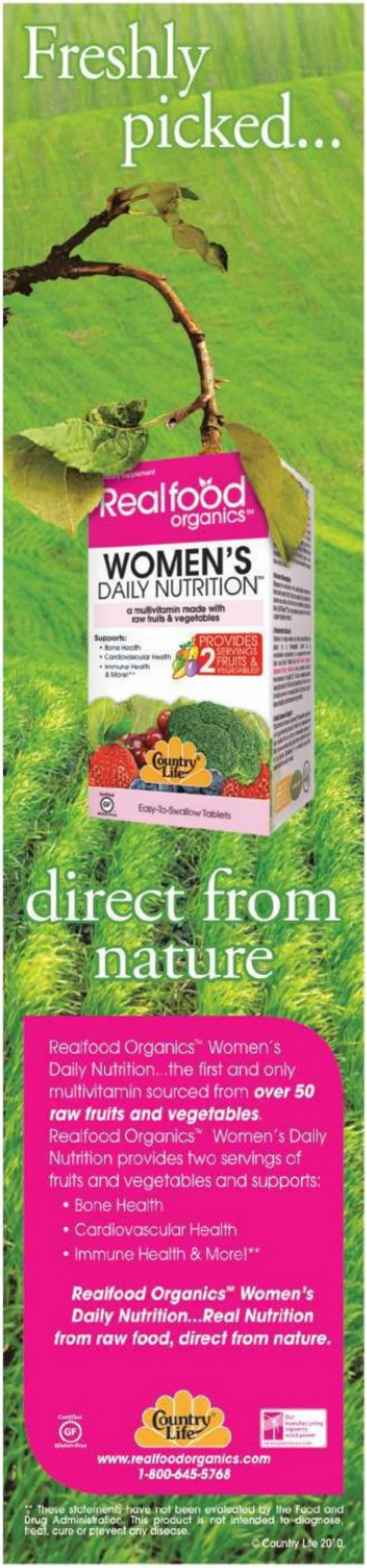

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letters

HELPING HAND

I have been a vegetarian for nearly five years, with the help of *Vegetarian Times*. Last night, I cooked for nine adults and children. Luckily, this is a veg-friendly group, so I didn't panic. A first-timer on vegetariantimes.com, I found it so easy to create an account and search for recipes. I made Butternut Squash–Bartlett Pear Soup ("Soul Celebration," November/December, p. 60) and The Heart-Healthiest Chocolate Chip Cookies in the World ("Fast Favorites," November/December, p. 38). Thanks for doing the good work of helping people eat right for themselves and for the planet!

BASIA ALEXANDER | MORRIS PLAINS, N.J.

SIMPLE AND SCRUMPTIOUS

I wanted to thank you for all the wonderful, innovative ideas. The photo for the Indian Samosa Casserole ("Freezer Pleasers," January, p. 32) looked absolutely amazing. I decided to make it, and I loved it! It was so simple to prepare—this recipe will be one of my regulars. I can't wait to try the Veggie Tamale Pie (p. 32).

CHRISTIE LEE | MONTREAL

PRAISEWORTHY GADGET

I am so happy you published the pressure cooker article in the October issue ("Comeback Kid," p. 36). I am a working mother and have three small children, so time is precious. My husband got me a Fagor Duo 6-quart stainless steel pressure cooker for Christmas, and I quickly fell in love! I used your directions from the "Vegetable Tagine" (p. 42) recipe to cook beans in record time. Thank you, *VT*. You never disappoint!

TARA MCCLAIN | CEDAR KNOLLS, N.J.

CONFUSING COOKIES

For February's Iced Oatmeal Cookies recipe ("1 Food 5 Ways: Oatmeal," p. 74), when do you add the flaxseed-meal-and-water mixture? Also, to make 24 cookies, the cookie dough balls need to be smaller.

SHELLY DETKEN | VIA E-MAIL

Editor's Note: Add the flaxseed mixture into the large bowl with the applesauce and vanilla. For 24 cookies, roll them into 1½-inch-diameter balls.

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Hot and Sour Napa Cabbage, p. 75
2. Graham Biscotti with Pistachios and Lemon, p. 66
3. Hoisin-glazed Tempeh with Green Beans and Cashews, p. 58
4. Live Un-Stir-Fry with Cauliflower "Rice," p. 36
5. Dark Chocolate Soufflés, p. 41

Send your letters to: editor@vegetariantimes.com

SHARE: Reader Recipe

Italian Orzo and Greens

SERVES 10 | 30 MINUTES OR FEWER

Andrea Love of Phoenix improvised this recipe by pulling together ingredients she had on hand. "This dish is best served warm or at room temperature. If you are not of fan of kale or Swiss chard, substitute fresh spinach," Love recommends. This light-but-filling dish had *VT* editors coming back for second helpings.

- 1 6-oz. pkg. orzo pasta
- 4½ Tbs. olive oil, divided
- ½ cup diced onion
- 2 cloves garlic, minced (2 tsp.)
- 1 12-oz. bunch Lacinato kale, stemmed and cut into ½-inch pieces (8 cups)
- 1 12-oz. bunch rainbow chard, stemmed and cut into ½-inch pieces (8 cups)
- 1 Tbs. red wine vinegar
- ¼ cup chopped kalamata olives
- 1 Tbs. grated lemon zest
- 2 Tbs. lemon juice
- ½ cup crumbled feta cheese

1. Cook orzo according to package directions; drain, and set aside.
2. Heat 1½ Tbs. oil in large Dutch oven over medium heat. Add onion, and cook 10 to 15 minutes, or until soft and beginning to brown. Add garlic, and cook 1 minute, or until fragrant. Stir in kale and chard, and cook 4 to 5 minutes, or until wilted, tossing often with tongs. Drizzle in vinegar, stir in olives, and remove from heat.
3. Mix together orzo and greens in large serving bowl. Stir in remaining 3 Tbs. oil, lemon zest, lemon juice, and feta, and season with salt and pepper, if desired.

PER 1-CUP SERVING: 274 CAL; 9 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 40 G CARB; 7 MG CHOL; 195 MG SOD; 3 G FIBER; 4 G SUGARS

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tell *vt*

What's your favorite way to get a rich supply of antioxidants into your diet?

I buy green tea extract capsules and empty two capsules into my morning shake of soy protein, a little cocoa powder, unsweetened soymilk, and a packet of stevia. For an even bigger boost of antioxidants, throw in some fresh or frozen blueberries! —AMANDA

I drink insane amounts of tea. Black, white, red, green, herbal—I love them all! —BECKY

I often grate raw beets into my salads. They're so healthy, and tastier than cooked beets. One of my favorite combinations is cabbage, carrot, and beet salad with sesame seeds. Even my kids eat it! —CATHY

Green smoothies! I put two handfuls of spinach into a blender with enough water to liquefy. Then I add mangos, a banana, 1 teaspoon of flaxseed oil, and 2 teaspoons of brown rice syrup. Very yummy! —SAM

I use chia seeds as an egg substitute. They include many health benefits, especially antioxidants! Mixing 2 teaspoons of chia seeds for every 2 ounces of water works best for my taste! —FAWNE

Dark leafy greens—spinach, collards, kale, and chard. —RACHEL

Fresh or dried herbs can be easily incorporated into dishes! Oregano, rosemary, and parsley are high in antioxidants; add color and flavor to a meal; and are a healthy, low-calorie alternative to salt. —LINDA

Berries, tomatoes, and beans are great, easy ways to work antioxidants into your diet. —SUBHA

next question:

Which garden herbs will you grow this spring, and how do you plan to use them?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

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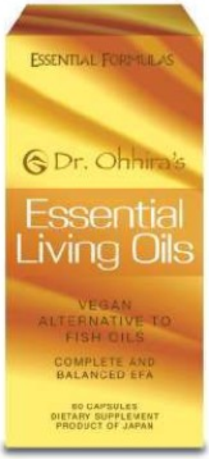

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EDITED BY Amy Spitalnick ILLUSTRATION Kim Scafuro

Need-to-know info about your health, diet, mind, body, and the world you live in

vanishing veggies

Have you noticed the lack of Abraham Lincoln tomatoes or Noble beans on your dinner plate lately? Much like the blue whale or the giant panda, these veggies and thousands of others are endangered. About 90 percent of the vegetables that were around during Revolutionary War times are now extinct, and 1,771 varieties are designated rare by the federal government.

It really does matter if varieties of fruits and vegetables go the way of the *Tyrannosaurus rex*. Most important, they could carry genes critical to warding off future crop loss due to disease or changing climate conditions. But because commercial agriculture prioritizes shelf life and appearance over diversity, most growers don't bother preserving vintage varieties. "The four tomatoes the marketplace says are the best may not be suitable for what we need in 25 years," says John Torgrimson of the nonprofit Seed Savers Exchange.

And then there's taste. "Think automobiles," says Bill Best of the Sustainable Mountain Agriculture Center, which grows 450 varieties of rare and historical, or heirloom, beans. "Commercial beans are the Yugos, and heirlooms the Cadillacs and the Maseratis."

—CORINNE RAMEY

Save the Seeds!

Three things you can do to help preserve endangered fruits and veggies:

1. Donate. Give to Seed Savers Exchange (seedsavers.org), a nonprofit dedicated to saving rare produce, or join the organization to receive discounted seeds.

2. Plant. Purchase seeds from Seed Savers Exchange or Web sites such as rareseeds.com, heirloomseeds.com, or heritageharvestseed.com to grow in your garden.

3. Discuss. Chat with gardeners about heirloom produce via online forums such as idigmygarden.com.

—C.R.

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[TASTE TEST]

Soggy, bland cold cereals, begone! Revamp your breakfast bowl with these new flavor saviors.

—ANNA MONETTE ROBERTS

scrumptious spoonfuls

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	Kashi U	Lip-smacking blend of tangy black currants, walnuts, and crispy seven-grain flakes.	$4.99/13 oz.; kashistore.com
	Dorset Cereals Berries & Cherries	An English breakfast indulgence with 50 percent dried fruit.	$6.99/22 oz.; dorsetcereals.com
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NATURAL Rx

Problem: Migraine headache

Solution: Feverfew

The scoop: Relief from the excruciating headaches known as migraines could come in the form of a daisy-like plant. Leaves of the aromatic herb feverfew (*Tanacetum parthenium*) contain parthenolide, a chemical that appears to squelch the release of inflammatory triggers of migraine attacks. Taking supplements containing dried feverfew leaves reduced the number and severity of attacks in migraine sufferers participating in research published in *The Lancet*.

What to look for: To help fend off an attack, Owings Mills, Md.–based holistic pharmacist Brian Sanderoff recommends a standardized feverfew supplement containing the dried, powdered leaf, supplying at least 250 micrograms of parthenolide per dose. During active migraines, daily dosages may need to be more than twice as high. Consult your physician if you're allergic to ragweed or chamomile.

—VICTORIA S. SMITH

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CEREAL: MIKE LORRIG

hot click!

waterfootprint.org

How much water do you use in a year, for cooking and washing up, let alone for drinking? In recognition of World Water Day, March 22, take the plunge and find out. Here, you can calculate your water footprint (being vegetarian makes a difference!) and discover ways to help conserve this vital resource.

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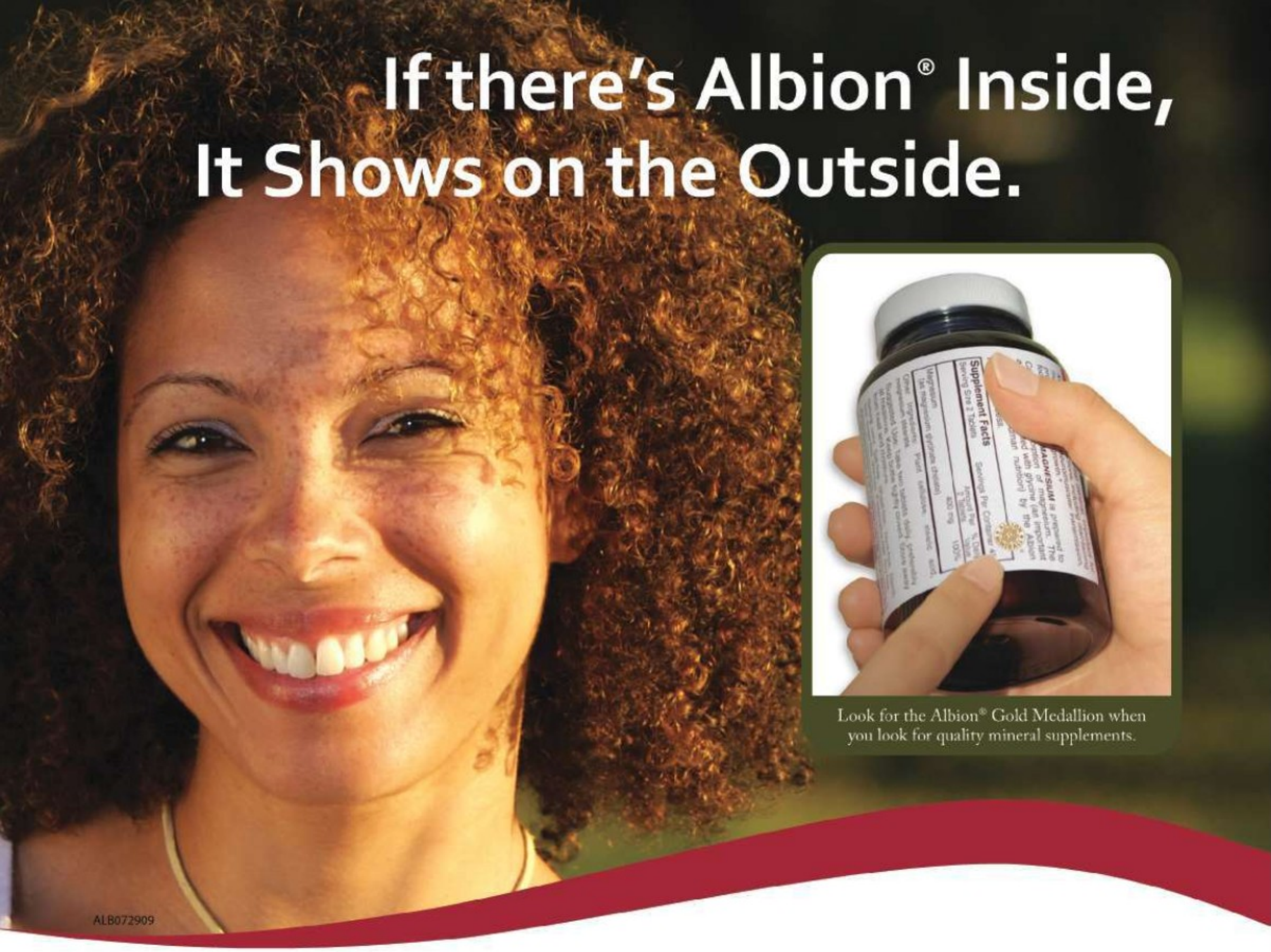

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CHEFS' CHALLENGE

A challenge to the 2010 graduating classes of America's accredited cooking schools

THE CHALLENGE IS ON!

Hey, all you cooking school students! *Vegetarian Times* is looking for the culinary stars of 2010—budding chefs who can take their talent, skills, and culinary training and use them to create delicious vegetarian recipes.

If you're graduating from an accredited cooking school this year (January through December 2010), then you're eligible to enter the *Vegetarian Times* Chefs' Challenge recipe contest, sponsored by Green & Black's®.

Submit your recipe by May 1, 2010 and you could win $300 cash, a $100 American Express gift card, and an assortment of goodies, courtesy of Green & Black's®. What's more, winners will be featured in the magazine, which means a big, bright, glossy jump-start to a career in the culinary arts.

For entry details, log on to **vegetariantimes.com/chefschallenge**

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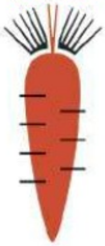
carrot & stick Who walks the walk ... who's nothing but talk

CARROT TO



Sears, Kmart, and Blue Nile, for pledging in November 2009 to sell only gold that's been mined and produced using humane, eco-friendly methods. These three retailers join 57 others, including Tiffany & Co. and Zales, in agreeing to the No Dirty Gold campaign's Golden Rules, a set of principles for more responsible mining drafted by the environmental group Earthworks, which spearheads the campaign. The Golden Rules require that mining companies respect international standards of human rights; obtain community consent to mine; respect labor rights; protect fragile ecosystems; and refrain from polluting waterways, air, and soil with toxic waste. That's key, because producing one gold ring generates some 20 tons of mine waste, says Earthworks. While Earthworks carries on the fight for third-party independent certification of responsible mining practices, the Golden Rules serve as a step in the right direction.

STICK TO

Kang Wannian, a villager from Mengla, China, for killing and eating the only known wild Indochinese tiger in the People's Republic. Wannian was reportedly collecting freshwater clams in a nature reserve near China's border with Laos when he came upon the tiger, which he shot and killed, then cut up and consumed with the aid of other villagers. A Yunnan Province court in December sentenced Wannian to 12 years in prison for slaughtering a rare animal and illegally possessing a firearm. Wannian claimed he killed the tiger in self-defense, but prosecutors argued that carrying a gun wasn't necessary to gather clams, so he must have had other intentions. Four villagers who helped Kang dismember and eat the tiger were given three- to four-year sentences for "covering up and concealing criminal gains," according to Web portal yunnan.cn. Like all species of wild tigers, Indochinese tigers are critically endangered; less than 1,800 roam Southeast Asia.

—RACHEL DOWD

COURTESY KEEP AMERICA BEAUTIFUL

spruce up your 'hood "Green Starts Here," the 2010 Great America Cleanup, marks the 25th anniversary of the event launched by the volunteer-based community improvement and education nonprofit Keep America Beautiful. Kicking off March 1 at a rally in Pass Christian, Miss., the nationwide, locally focused beautification project continues through May 31. More than 2 million flowers and bulbs and 6,000 gardens, xeriscapes, and green spaces were planted during 2009's event. Start getting your volunteerism on at kab.org.

what we're eating too much of this month

Lush and creamy without the cream, **Nicobella vegan organic dark chocolate truffles** are antioxidant superstars—thanks not just to their dark chocolate, but also to a choice of blueberry, green tea, or pumpkin centers. We also love that the *bella* in *Nicobella* pays tribute to founder Nichole Dandrea's chocolate brown toy poodle, Isabella. Truffle Variety Pack (shown) $15; nicobellaorganics.com

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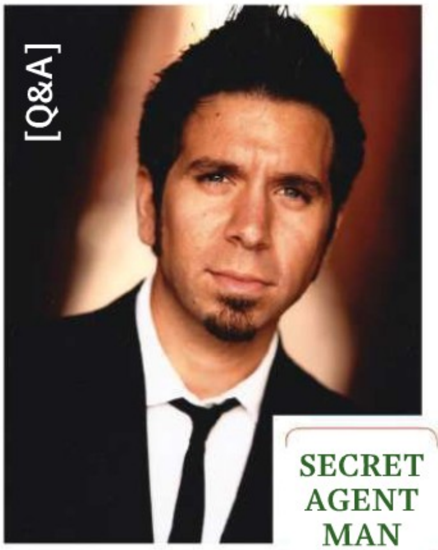

DAVID ZAUGH

SECRET AGENT MAN

Joshua Gomez, costar of NBC's *Chuck*—which begins season three in March—has been a vegetarian since age 15, spurred on by an activist mother who brought PETA literature home for the family to peruse.

Q Was it difficult to talk about your going veg to friends at an age when kids struggle to fit in?

A No, actually the skateboarding scene I was a part of at the time was pretty aware of that lifestyle. In fact, there were a lot of vegetarians and vegans playing the punk music we were listening to.

Q What's a typical meal you might cook up at home?

A Mostly, I'm a veggie-burger-in-the-microwave kind of guy, but I do love Indian, and have been known to whip up a curry or two.

Q What's the best thing about acting on a TV show?

A All the friends I've made. It's great because with such a close cast, you look forward to going to work every day.

—GABRIELLE HARRADINE

72.5

The percentage of the foods advertised to kids on TV that are rated nutritionally poor.

[Source: Children Now]

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Peanut Puzzler

[QUIZ]

March is National Peanut Month—how much do you really know about this celebrated legume? See if you can spot the false fact:

a. It takes more than 500 peanuts to produce a 12-ounce jar of peanut butter.

b. Most consumers prefer crunchy peanut butter over creamy.

c. Arachibutyrophobia is the fear of getting peanut butter stuck on the roof of your mouth.

d. Eating peanuts with their shells is OK, experts say.

Answer: b. 60 percent of consumers prefer creamy. (Source: National Peanut Board)

She's conquered the veg blogosphere, and now The Urban Housewife, aka **Melisser Elliott,** is expanding her creative domain in another delicious direction. At San Francisco's vegan bakery Sugar Beat Sweets (sugarbeatsweets.com), Elliott churns out decadent cheesecake bars, cinnamon rolls, and her signature dairy-free cupcakes to discerning urbanites. We asked Elliott to dish her **secrets to foolproof frosting.** Here's what she divulged.

ask? a chef

Fatten It Up The best frostings start with a full-fat base, and for stability and flavor, I use a combination of organic palm shortening—I like Spectrum Organics because it's sustainably harvested—and nonhydrogenated vegan margarine. Try Earth Balance Buttery Spread. It really does taste amazingly buttery. **Whip It Good** Using an electric mixer to cream your ingredients together makes for a more consistent product and will raise your frosting to new heights. Stand mixers are a great investment for any baker, but if your budget doesn't allow for one, an inexpensive hand mixer will get the job done. **Mix and Match** Don't limit yourself to chocolate or vanilla; get in there and experiment! High-quality extracts—think peppermint, rose, orange—will take your frosting from drab to fab, while natural coloring made from turmeric, avocado, or beet, carrot, or berry juice adds a subtle, chemical-free tint.

—AURELIA D'ANDREA

MELISSER ELLIOTT: COURTESY KELLY PELOZA; PEANUTS: MIKE LORRIG

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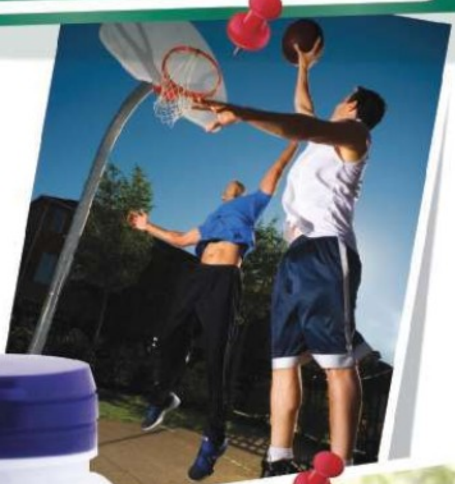
HIGHWAY TO WELLNESS

Joint Support



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Nutrition for Optimal Wellness.SM

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BY Gabrielle Harradine

BRIGHT IDEAS

Five ways to create a rainbow of good cheer in your kitchen

GRAPE EXPECTATIONS
Perk up your morning toast routine with the brightly hued Bodum Bistro Toaster, which offers adjustable-width toasting slots and a pop-up warming rack. $79.95; bodumusa.com

CITY SLICKER GRAY
Perfect for both cooking and serving, the ¼-quart Staub Small Sauce Pan, in graphite, adds sophistication to any table. $124.99; staubusa.com

RED-HOT DELIGHT
Lodge's famous cast iron with a colorful twist: this Enamel Roaster is great for casseroles, rice bakes, and lasagna. $84.95; lodgemfg.com

BOUNTIFUL BLUE
Not too big and not too small, the 6-quart Le Creuset Enameled Steel Stockpot is lovely, lightweight, and just right for boiling pasta or simmering veggie soup. $39.95; surlatable.com

PERFECT PEAR
The master of mixers, KitchenAid offers 26 colors in its Artisan Series 9-Cup Tilt-Head Stand Mixer, including this tantalizing pear shade. $349.99; kitchenaid.com

win!
We're giving up the goods. Five lucky readers will each take away one of these kitchen goodies. Register at vegetariantimes.com/sweeps for a chance to win.

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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BY Elizabeth Barker

AFRICAN TREASURES

To help turn the tide against poverty and environmental devastation in Africa, these fair traders are sustainably tapping into the continent's bounty of lavishly moisturizing shea butter and other beautifying botanicals.

ALAFFIA
(alaffia.com)
Supplied with shea butter sustainably extracted by a women's cooperative in Togo, Alaffia gives 10 percent of sales back to the community by funding medical and educational projects.
Try: Kola, Ginger & Shea Daily Fortifying Conditioner ($11/8 oz.)

SHEA TERRA ORGANICS
(sheaterraorganics.com)
Shea Terra Organics sources ingredients through African nongovernmental organizations that promote reforestation, wildlife preservation, and other sustainability-fostering causes.
Try: Marula Face & Body Oil ($16/2 oz.)

NEROLI ROSE
(nerolirose.com)
Neroli Rose serves as a U.S. distributor for Lulu Life Cooperative, a Sudan-based, nonprofit shea butter supplier that provides approximately 800 rural women with fair wages and a sustainable source of income.
Try: Virgin Sudanese Shea Butter Body Scrub with Lavender ($18.99/9 oz.)

PLANET BOTANICALS
(planetbotanicals.com)
In addition to buying organic ingredients from women's co-operatives in Uganda, Planet Botanicals donates a portion of proceeds to Kiva, an organization that benefits impoverished entrepreneurs.
Try: Kalahari Body Balm ($24/3 oz.)

OUT OF AFRICA
(outofafricashea.com)
Working with a West African women's co-operative that produces organic, unrefined shea butter, Out of Africa directs 3 percent of sales to an education fund assisting students in Benin.
Try: Repair & Protect Hand Cream ($9/2.25 oz.)

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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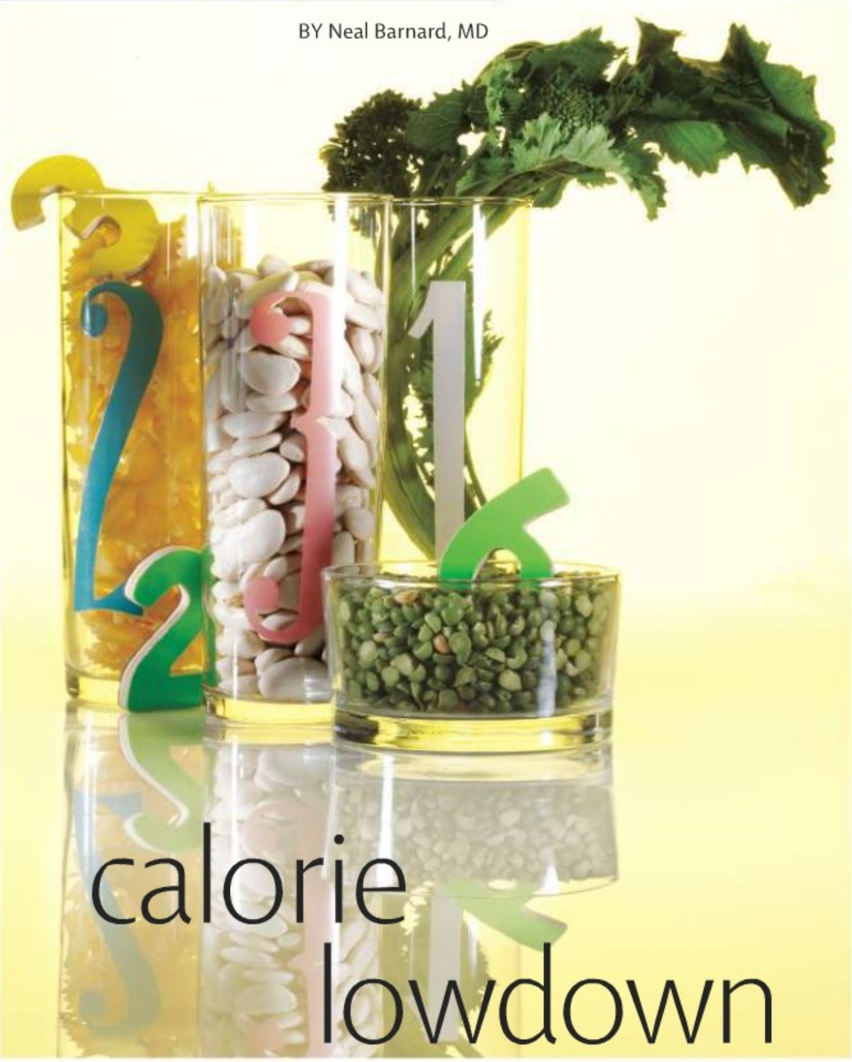
BY Neal Barnard, MD



calorie lowdown

Is counting calories wasted energy?

Q How do I determine how many calories I really need?

A Actually, you shouldn't have to think about it, because your digestive tract does the counting for you. It has a complex set of nerves designed to give you a gnawing feeling in your stomach and scream, "Feed me!" when you need more food. These nerves signal you again when you're full. Just as your lungs know when to breathe, your digestive tract knows when you need to eat.

For the most part, the system works pretty well, which is why people eat nearly the same amount of calories each day, without counting. On average, American women consume roughly 2,000 calories each day, men about 2,500, although these numbers vary from person to person, depending on body size and activity.

Unfortunately, certain foods defeat this system. Chocolate, for example. We don't eat chocolate because we are hungry; we eat it because we love the taste. It also triggers a release of opiates within the brain, causing a slight feel-good sensation. So even if you are completely stuffed after a wonderful dinner, you may still want a piece of chocolate. Ditto for sugar, cheese, and meat. They have very mild opiate effects, causing them to tempt us for reasons other than hunger, often leading us to overdo it.

Q Should I cut calories if I am trying to lose weight?

A To lose weight, you do have to eat fewer calories than you burn, but you don't have to do it through willpower. If you change the type of food you eat, it happens more or less automatically. Here are three tricks you should know:

First, bring on the high-fiber foods. Fiber holds water and tends to fill you up, tricking your stomach into thinking you've eaten more than you actually have. The fiber champions are beans, followed by vegetables, fruits, and whole grains.

Second, keep fats, including oils, to a bare minimum. Fats pack 9 calories into every gram (compared with only 4 calories for a gram of carbohydrate or protein). Steer clear of fatty foods, and you'll tend to eat fewer calories.

Third, avoid sugar. Although it has nowhere near the calories that fats have, sugar is the "stealth" nutrient. It hides in all manner of foods and drinks—such as the 150 calories worth of sugar lurking in a typical can of soda.

Q Do my caloric needs change if I am more or less active?

A Yes, but less than you'd think. Your brain, muscles, heart, liver, kidneys, and every other part of you are busily burning calories when you're completely still—even while you sleep. These basic functions account for 60 to 75 percent of all the calories you burn. You burn another 10 percent of your calories in the process of digesting foods.

Routine physical activity accounts for only 15 to 30 percent of our daily calorie burn. So if you suddenly were flat on your back with a broken leg, your calorie needs would fall only slightly. And if you lace up

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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your sneakers for a race, you do not need a lot of extra calories. Skeptical? Go to the nearest gym, jump on a treadmill, and run flat out for a mile. Then push the little button that tells you how many calories you've burned. It turns out to be only about 100.

Caloric intake for serious athletes is another matter. Olympic swimmer Michael Phelps works out five hours a day, six days a week. To keep up with his intense workout, he takes in thousands more calories each day than you or I would ever need.

Q Does it matter when during the day I get my calories?

A Yes, it does. People who skip breakfast and pack their calories into the later part of the day tend to weigh more than people who eat earlier in the day. Whether the issue is some sort of hormonal effect of late-night eating, or because late-night food choices tend to be especially fattening is not yet clear.

Q Is my body's metabolic rate genetic? Is there anything I can do to rev it up?

A It is genetic, to a large extent. But, yes, you can rev it up, to a degree. First of all, the after-meal calorie burn that comes as you digest foods can be increased by a low-fat plant-based diet. The reason, apparently, is that such a diet causes the body to be more sensitive to insulin, which pushes nutrients into the cells where they can be burned. So, more of the calories you eat will be liberated as body heat, rather than stored as fat.

Second, exercise. People who exercise vigorously tend to burn calories faster, not just while they are exercising, but afterward too, as their bodies repair stressed tissues.

Neal Barnard, MD, is coauthor of The Cancer Survivor's Guide: Foods That Help You Fight Back.

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BY Matthew G. Kadey, RD RECIPE BY Mary Margaret Chappell

honey

Eating healthy has never been sweeter

Want better-for-you baked goods? Swap refined sugars for nature's sweetest treat. Produced from flower nectar by industrious worker bees, honey provides more health-boosting antioxidants than white sugar or corn syrup, according to research reported in the *Journal of the American Dietetic Association*. "The darker the honey, generally the more antioxidants it contains," says Beverly Hills, Calif.–based Barry Lomax, ND. Unfiltered raw honey is particularly rich in antioxidants, as well as enzymes that aid digestion. Honey also helps soothe sore throats and coughs by coating irritated tissues.

EAT IT UP For distinctive, top-quality fragrance and flavor, look for raw, varietal honey from a local farmers' market. In the U.S. alone, there are more than 300 varieties: from light and floral to dark and assertive, depending on the bees' nectar sources. Pair light varieties, such as alfalfa and orange blossom, with yogurt, tea, muesli, delicate yeast breads, dressings, and poached fruits. Dark-hued types, including buckwheat honey, are best for baked beans, smoothies, barbecue sauces, fruitcakes, hearty breads, glazes, and chocolaty treats.

Spread a generous tablespoon of buttery creamed honey, such as Royal Hawaiian Honey, on English muffins, scones, or whole-grain crackers. A slice of comb honey—honey sealed in (edible) beeswax—adds interest to a cheese plate.

Because honey retains moisture, you can expect honey-baked muffins and other treats to stay moist longer. In recipes, substitute up to half the sugar

Supplement Savvy

For a scratchy throat or nagging cough, Barry Lomax, ND, recommends 1 to 2 teaspoons raw honey mixed with 1 tablespoon apple cider vinegar, 1 teaspoon fresh lemon juice, and 8 ounces warm water. Take every 2 to 3 hours as needed.

PHOTOGRAPHY Mike Lorrig PROP STYLING Jules Moore

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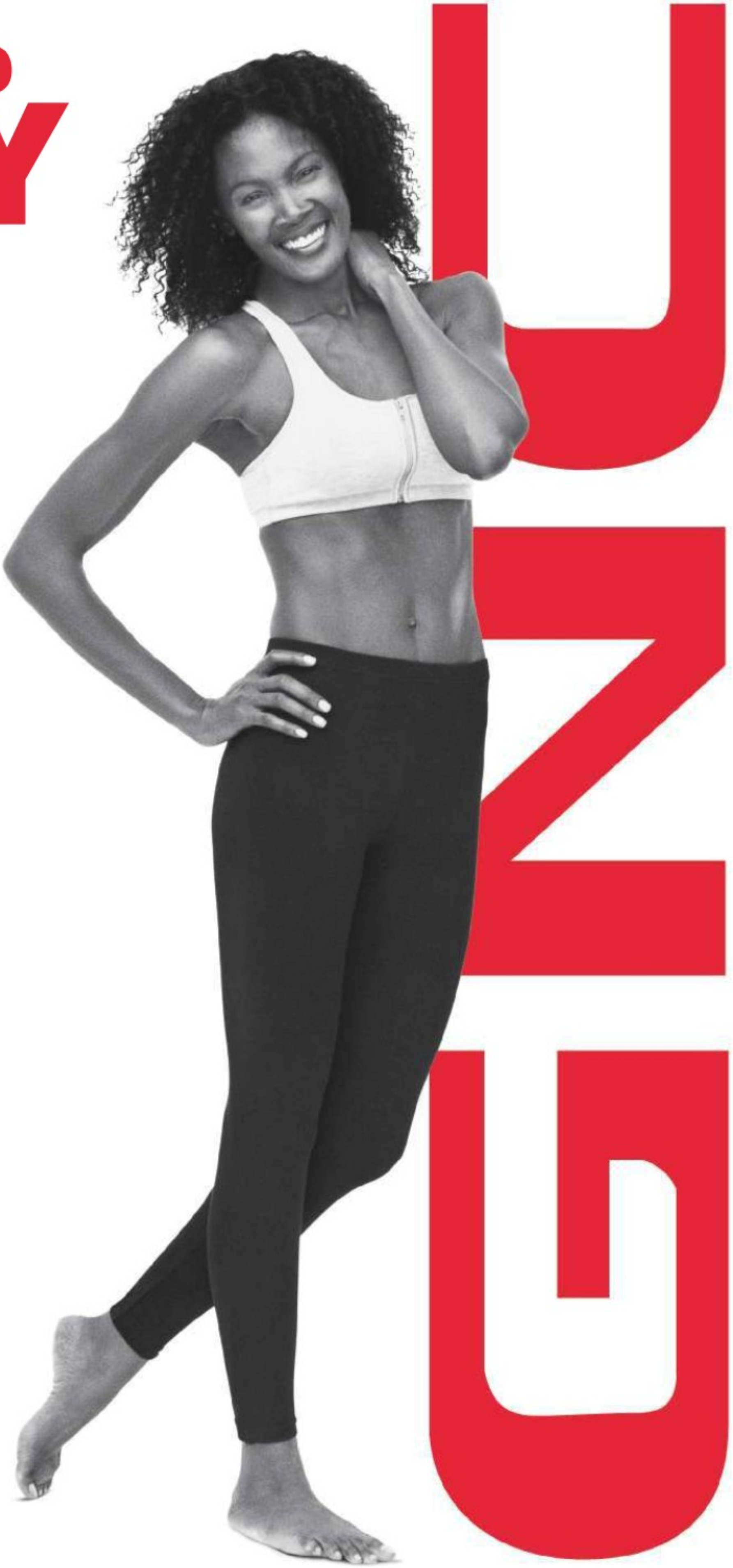
BUILD A NOURISHED BODY



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with honey, and cut the liquid by one-quarter. Also add ½ teaspoon baking soda for every 1 cup honey used, and reduce oven temperature by 25°F to avoid overbrowning.

A couple of caveats: "As a concentrated source of sugar calories, consume honey in moderation, especially if you're diabetic," advises Lomax. Children under age 1 shouldn't be fed honey because of the risk of infant botulism, a form of food poisoning.

Honey-braised Carrots

SERVES 6 | GLUTEN FREE
30 MINUTES OR FEWER

This simple spring recipe showcases the flavor of robust, dark-hued honeys, such as buckwheat, chestnut, or thyme. If you like more tang, increase the amount of vinegar to 2 tablespoons.

- 6 large carrots, halved and cut into ¼-inch-thick slices (4 cups)
- 2 medium shallots, sliced into thin rings (¼ cup)
- ½ cup honey
- 1 Tbs. cider vinegar
- ¼ cup chopped fresh parsley

1. Place carrots and shallots in nonstick skillet, and heat over medium heat. Cook 2 to 4 minutes, or until beginning to brown.
2. Stir in honey, and season with salt and pepper, if desired. Partially cover, and reduce heat to medium-low. Cook 15 minutes, or until carrots are tender. Uncover, stir in vinegar, and increase heat to medium-high.
3. Cook 2 minutes more. Stir in parsley, and serve.

PER ¾-CUP SERVING: 126 CAL; 1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 33 G CARB; 0 MG CHOL; 62 MG SOD; 3 G FIBER; 27 G SUGARS

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Freshen up your meal routine with four deliciously easy live-food creations

dinner in the raw

Recipes adapted from *The 30 Minute Vegan*, by Mark Reinfeld and Jennifer Murray

Think preparing raw foods requires special ingredients and time-consuming processes? Think again. The following recipes by Mark Reinfeld and Jennifer Murray, coauthors of *The 30 Minute Vegan*, prove that raw cuisine can be fast, easy, and delicious year-round.

You don't have to make a radical change in your diet to feel the benefits of eating raw foods, says Reinfeld. "Our suggestion is to take it easy. Eat most of a meal raw or eat a lot of it raw—we like to make cooked pasta, but then top it with a raw sauce, for example."

CEREAL BOWL, FROM MAISON-MIDI.COM

LIVE HOT AND SOUR SOUP, **p. 36**

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Basil Friedman PROP STYLING Amy Paliwoda

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Live Spring Rolls with Lemon-Ginger Dipping Sauce

MAKES 8 ROLLS | VEGAN | 30 MINUTES OR FEWER

For a party icebreaker, serve these rolls Vietnamese style, with the fillings and the leafy wrappers laid out on a plate so everyone can roll their own.

LEMON-GINGER DIPPING SAUCE

- ¾ cup raw tahini
- 2 Tbs. raw agave nectar
- 4 tsp. nama shoyu or soy sauce
- 1 Tbs. lemon juice
- 2 tsp. minced fresh ginger

SPRING ROLLS

- 8 Swiss chard or romaine lettuce leaves, tough stems trimmed
- ½ cup grated or julienned carrots
- ½ cup grated or julienned raw beets
- ½ medium red bell pepper, seeded and thinly sliced or julienned (½ cup)
- ½ cup mung bean or sunflower sprouts
- 8 large fresh basil leaves
- 4 sprigs fresh mint

1. To make Lemon-Ginger Dipping Sauce: whisk together all ingredients and ½ cup water in small bowl.
2. To make Spring Rolls: Fill each chard or lettuce leaf with pinch of carrots, beets, bell pepper, and sprouts. Top with basil and mint. Roll chard leaf around filling, tucking in edges. Serve with Dipping Sauce.

PER ROLL: 167 CAL; 6 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 15 G CARB; 0 MG CHOL; 282 MG SOD; 4 G FIBER; 6 G SUGARS

Live Spring Rolls with Lemon-Ginger Dipping Sauce

Live Hot and Sour Soup

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

You can heat this soup until it is warm and it will still be considered "live," according to Reinfeld and Murray.

- ½ cup mung bean sprouts
- 3 Tbs. nama shoyu or soy sauce
- 5 dried apricots
- 1½ cups chopped tomatoes
- ¼ cup thinly sliced green onion
- 2 Tbs. organic raw apple cider vinegar
- 1 Tbs. peeled and minced fresh ginger
- ½ cup diced cucumber or zucchini
- 1 jalapeño chile, seeded and minced (2 Tbs.)
- 2 Tbs. lime juice
- 2 Tbs. chopped cilantro
- 1 Tbs. raw agave nectar
- ¼ tsp. cayenne pepper, or to taste

1. Stir together sprouts and nama shoyu, and let marinate while you prepare soup.
2. Soak apricots in bowl of boiling water 5 minutes. Drain.
3. Place apricots, tomatoes, green onion, vinegar, ginger, and 3 cups water in blender or food processor; blend until smooth. Transfer to serving bowl, and stir in cucumber, jalapeño, lime juice, cilantro, agave nectar, cayenne pepper, and sprout mixture.

PER 1-CUP SERVING: 59 CAL; 2 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 0 MG CHOL; 682 MG SOD; 2 G FIBER; 10 G SUGARS

Live Un-Stir-Fry with Cauliflower "Rice"

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

Chopped cauliflower and pine nuts take the place of rice in this fresh variation on stir-fry. Recipe by Felix Schoener.

VEGETABLE MEDLEY

- 2 cups chopped napa cabbage
- 1 cup thinly sliced red bell pepper
- ¾ cup raw unsalted cashews, optional
- ½ cup chopped red cabbage
- ½ cup thinly sliced carrots
- ½ cup thinly sliced snow peas
- ¼ cup thinly sliced green onion
- 2 Tbs. chopped cilantro

RECIPES ADAPTED FROM THE 30 MINUTE VEGAN BY MARK REINFELD AND JENNIFER MURRAY, EXCERPTED BY ARRANGEMENT WITH DACAPO LIFELONG, A MEMBER OF THE PERSEUS BOOKS GROUP. COPYRIGHT © 2009.

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Live Chocolate Mousse

SPICY VEGETABLE DRESSING

- ½ cup sesame oil
- 1 fresh stalk lemongrass, outer leaves removed, finely chopped, optional
- 3 Tbs. raw agave nectar or maple syrup
- 3 Tbs. nama shoyu or soy sauce
- 2 Tbs. umeboshi plum vinegar or raw apple cider vinegar
- 1½-inch piece peeled fresh ginger
- 1 Tbs. dehydrated onion flakes
- 1 Tbs. tamarind paste, optional
- 1 Tbs. grated lime zest
- 1 clove garlic, peeled
- 1 tsp. minced Thai or jalapeño chile
- 1 small kaffir lime leaf

CAULIFLOWER "RICE"

- 4 cups cauliflower florets
- ½ cup macadamia or pine nuts
- 1 Tbs. dehydrated onion flakes
- ½ tsp. sea salt
- ½ tsp. garlic powder

1. To make Vegetable Medley: combine all ingredients in large bowl.
2. To make Spicy Vegetable Dressing: place all ingredients in blender or food processor, and blend until creamy. Add to Vegetable Medley, and toss well.
3. To make Cauliflower "Rice": place all ingredients in food processor, and pulse-chop to rice-like consistency. Serve topped with Vegetable Medley.

PER 1⅓-CUP SERVING: 324 CAL; 4 G PROT; 27 G TOTAL FAT (4 G SAT FAT); 21 G CARB; 0 MG CHOL; 619 MG SOD; 5 G FIBER; 13 G SUGARS

Live Chocolate Mousse

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Avocados give this luscious dessert its rich, creamy texture. "We always have fun with this recipe because we ask people to guess what's in it," says Murray. The key is to use avocados that are neither underripe nor overripe, both of which have superstrong avocado flavor.

- 3 Hass avocados (2 cups mashed)
- ¼ cup plus 3 Tbs. raw agave nectar
- ¼ cup plus 2 Tbs. raw cocoa powder
- 3 Tbs. raw almond butter
- 1 tsp. lemon juice
- Pinch ground cinnamon
- Pinch ground nutmeg or cardamom
- ½ tsp. flavored extract such as mint, cherry, orange, almond, hazelnut, or coffee, optional

Purée all ingredients in food processor 3 to 4 minutes, or until smooth and creamy, scraping down sides of bowl occasionally. Transfer to bowls, and serve immediately.

PER ½-CUP SERVING: 370 CAL; 5 G PROT; 24 G TOTAL FAT (4 G SAT FAT); 44 G CARB; 0 MG CHOL; 11 MG SOD; 10 G FIBER; 29 G SUGARS

Mark Reinfeld and Jennifer Murray are coauthors of The 30 Minute Vegan *and* The Complete Idiot's Guide to Eating Raw.

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BY Mary Margaret Chappell

MAC AND CHEESE FOR GROWN-UPS

roux how-to

Get to know a French recipe starter that's an integral part of rich, saucy dishes

Even if *roux* (pronounced "rue") is not a food term you're familiar with, *chowder, gumbo, soufflé,* and *mac and cheese* probably are—and such expressions as *béchamel* and *velouté* may ring a bell as well. Roux—equal parts fat and flour cooked together—is such an important part of these recipes that they simply couldn't be made without it. From a smooth, basic white sauce (that's a béchamel) to a robust Cajun stew, the following recipes show all the things a roux can do.

PHOTOGRAPHY Mario de Lopez   FOOD STYLING William Smith   PROP STYLING Emily Henderson

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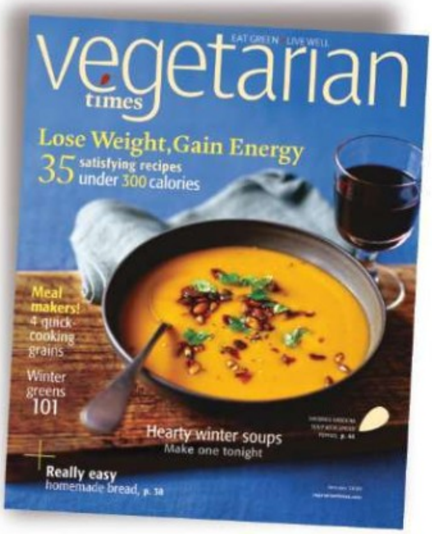

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Basic Béchamel (White) Sauce

MAKES 2 CUPS

30 MINUTES OR FEWER

A classic French recipe, this creamy sauce thickened with a roux can be used as a base for many other sauces as well as in casseroles and soufflés.

- ¼ cup butter or vegetable oil
- ¼ cup all-purpose flour
- 2 cups low-fat milk, preferably warmed

Heat butter or oil in large saucepan over medium heat. Whisk in flour, and cook 2 to 3 minutes, stirring or whisking constantly. Gradually whisk in milk, and cook 5 minutes, or until sauce has thickened, stirring or whisking constantly.

PER ¼ CUP SAUCE: 91 CAL; 3 G PROT; 6 G TOTAL FAT (4 G SAT FAT); 6 G CARB; 18 MG CHOL; 68 MG SOD; <1 G FIBER; 3 G SUGARS

3 EASY STEPS

1. Stir together equal parts melted or hot liquid fat (butter, oil, or margarine) and flour in wide-bottomed pan or skillet over medium heat.

2. Cook the roux, stirring constantly with a whisk or wooden spoon, to desired color (the darker the roux, the deeper the flavor):
WHITE 2 to 4 minutes; add milk for a béchamel (the basic French white sauce), as shown above, or broth for a velouté (a stock-based light sauce).
BLOND 5 to 8 minutes; used for veloutés and chowders.
BROWN 10 to 15 minutes; used for espagnole sauce and stews.
DARK BROWN 20 to 30 minutes; used for gumbo.

3. Add liquid—preferably warmed to prevent the roux from seizing up. For sauces, cook, stirring constantly, until desired consistency is reached.

Mac and Cheese for Grown-ups

SERVES 6

This baked pasta dish is a healthful interpretation of the kids' favorite.

- 2 cups (8 oz.) whole-wheat penne
- 1 lb. spinach leaves, trimmed
- ¼ cup olive oil or butter
- ¼ cup all-purpose flour
- 2 cups fat-free milk
- ½ cup plus 2 Tbs. grated Parmesan cheese
- 2 cloves garlic, minced (2 tsp.)
- ¼ tsp. ground nutmeg, optional

1. Preheat oven to 350°F. Coat 11- x 9-inch baking dish with cooking spray.
2. Cook penne according to package directions. Drain, and set aside.
3. Heat large pot over medium-high heat. Add spinach, and cook 2 to 3 minutes, or until wilted, stirring with tongs to cook all leaves. Drain, and press out any excess liquid. Coarsely chop wilted spinach, and set aside.
4. Heat oil in large saucepan over medium heat. Whisk in flour, and cook 2 minutes, stirring constantly. Gradually whisk in milk, and cook 5 minutes, or until sauce has thickened, whisking constantly. Remove from heat, then add penne, spinach, ½ cup Parmesan, garlic, and nutmeg, if using, to sauce, and stir until well coated. Season with salt and pepper, if desired. Transfer to prepared baking dish, sprinkle remaining 2 Tbs. Parmesan over mixture, and bake 45 minutes to 1 hour, or until top is browned.

PER 1½-CUP SERVING: 318 CAL; 13 G PROT; 13 G TOTAL FAT (3 G SAT FAT); 39 G CARB; 9 MG CHOL; 212 MG SOD; 5 G FIBER; 6 G SUGARS

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Blanquette de Tempeh

The epitome of French comfort food, a blanquette sauce **gets its rich, creamy flavor from a roux done right.**

Root Vegetables Creole

SERVES 6 | VEGAN

"First you make a roux" is how many Cajun recipes start, and this Creole sauce is no exception. It gets its distinctive taste from a brown roux to which the "holy trinity" (equal parts chopped green bell pepper, onion, and celery) is added before the rest of the ingredients. (Be sure to have all the vegetables chopped and ready before you fire up the stove.) Serve over rice.

- ¼ cup vegetable oil
- ¼ cup all-purpose flour
- 1 small green bell pepper, finely chopped (1 cup)
- 1 medium onion, finely chopped (1 cup)
- 4 ribs celery, finely chopped (1 cup)
- 1 12-oz. pkg. Soyrizo or vegetarian andouille, sausages halved lengthwise and cut into ½-inch-thick pieces, optional
- 4 large carrots, cut into 1-inch chunks (2 cups)
- 4 small turnips, peeled and cut into 1-inch chunks
- 1 15-oz. can diced tomatoes
- 4 Tbs. no-salt-added tomato paste
- 3 cloves garlic, minced (1 Tbs.)
- 3 bay leaves
- 1 tsp. vegan Worcestershire sauce
- ¼ tsp. cayenne pepper
- 1 Tbs. lemon juice
- ¼ cup chopped parsley, for garnish

1. Stir together oil and flour in large Dutch oven over medium heat. Cook roux 10 to 15 minutes, or until it turns the color of caramel, stirring constantly. Add bell pepper, onion, and celery, and cook 5 to 7 minutes, or until vegetables are soft.
2. Stir in Soyrizo, if using; carrots; and turnips. Stir to coat with onion mixture. Add tomatoes, tomato paste, garlic, bay leaves, Worcestershire sauce, cayenne, and 1½ cups hot water. Season with salt and pepper, if desired. Cover, and reduce heat to medium-low. Simmer 45 minutes, or until vegetables are tender. Remove bay leaves, and stir in lemon juice. Serve over rice, and garnish with parsley.

PER 1½-CUP SERVING: 181 CAL; 3 G PROT; 10 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 220 MG SOD; 5 G FIBER; 10 G SUGARS

Blanquette de Tempeh

SERVES 8 | VEGAN

Channel your inner Julia Child to make this classic French dish sans veal, the meat that's usually used. The cream sauce is made with a flavorful cooking broth and a roux, then finished with a little soy creamer. For a more traditional recipe that uses dairy, replace the margarine with butter and finish the sauce with heavy cream. Serve over rice or pasta.

- 4 cups low-sodium vegetable broth or mushroom broth
- ½ cup white wine
- 2 cloves garlic, minced
- 2 lemon slices, plus more for garnish
- 3 large sprigs fresh thyme
- 2 bay leaves
- 2 cups frozen pearl onions
- 2 8-oz. pkgs. three-grain tempeh, each block cut into 12 cubes
- 8 oz. button or cremini mushrooms, halved (2 cups)

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- 2 large carrots, halved and cut into ½-inch-thick slices (1 cup)
- 3 ribs celery, cut into ½-inch-thick slices
- 12 oz. red boiling potatoes, peeled and quartered lengthwise
- 2 cups fresh or frozen green beans, trimmed
- 3 Tbs. nonhydrogenated vegan margarine
- 3 Tbs. all-purpose flour
- 1 cup soy creamer
- ¼ cup chopped fresh parsley for sprinkling, optional

1. Bring broth and 2 cups water to a boil in large saucepan or stockpot. Add wine, garlic, lemon slices, thyme, and bay leaves, and reduce heat to medium. Boil 10 minutes. Add pearl onions, and season broth with salt and pepper, if desired. Cook 5 minutes. Add tempeh, mushrooms, carrots, and celery, and reduce heat to medium-low. Simmer, partially covered, 45 minutes.
2. Add potatoes to pot, and cook 10 minutes. Stir in green beans, and cook 5 minutes more.
3. Strain vegetables, and discard thyme sprigs, lemon slices, and bay leaves. Return broth to pot. Simmer over medium heat 6 to 10 minutes, or until liquid has reduced by about half (you should have 2 cups). Transfer liquid to measuring cup.
4. Melt margarine in same pot. Stir in flour, and cook over medium heat 5 to 7 minutes, or until roux turns pale brown, stirring constantly. Add 2 cups hot broth, and cook 3 to 5 minutes, or until mixture thickens to sauce-like consistency. Stir in soy creamer, and cook 3 to 4 minutes more, or until sauce thickens again, stirring constantly. Add reserved vegetables, and season with salt and pepper, if desired. Cook 3 to 4 minutes, or until mixture is heated through. Serve sprinkled with parsley, if using, and garnished with lemon slices.

PER 1-CUP SERVING: 271 CAL; 9 G PROT; 9 G TOTAL FAT (3 G SAT FAT); 38 G CARB; 0 MG CHOL; 181 MG SOD; 6 G FIBER; 6 G SUGARS

Dark Chocolate Soufflés

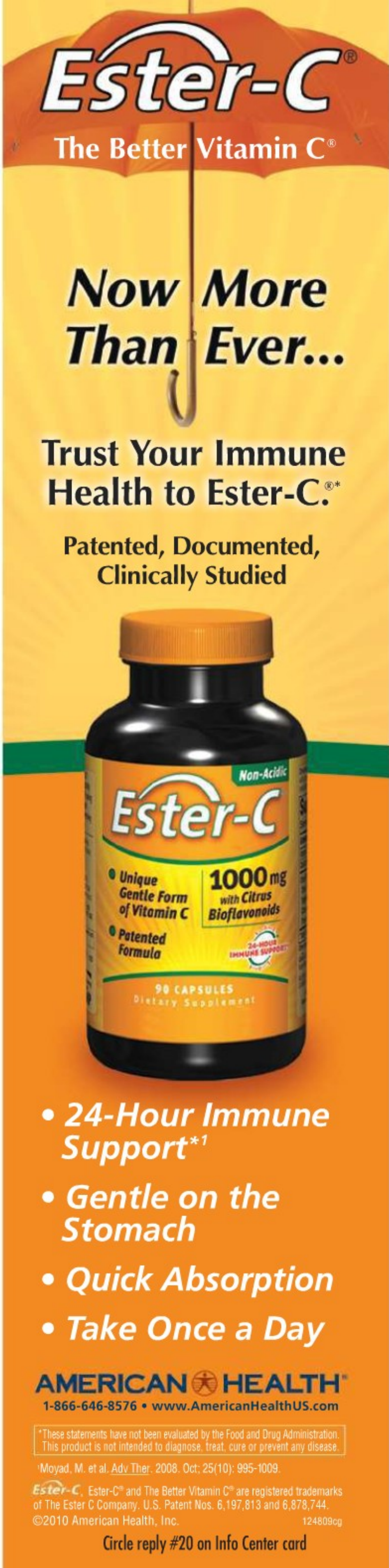
SERVES 8 | 30 MINUTES OR FEWER

Most soufflés are made by folding beaten egg whites into a thick béchamel sauce. Having the sauce base boiling hot before folding in the egg whites makes this recipe foolproof, as the soufflés aren't given a chance to cool off and potentially deflate.

- 2 cups low-fat milk
- 6 oz. bittersweet chocolate, finely chopped
- ½ cup sugar, divided
- 3 Tbs. unsweetened cocoa powder
- 4 Tbs. unsalted butter, plus more for greasing soufflé dishes
- 4 Tbs. all-purpose flour
- 1 tsp. vanilla extract
- 4 egg whites
- Confectioners' sugar, for dusting

1. Preheat oven to 450°F. Butter 8 ½-cup ramekins or soufflé dishes, and place on baking sheet.
2. Bring milk to a boil in medium saucepan. Remove from heat, and stir in chocolate, ¼ cup sugar, and cocoa powder until chocolate has melted and mixture is smooth. Set aside.
3. Melt butter in large saucepan over medium heat. Stir in flour, and cook 1 minute. Stir in chocolate mixture, and cook 3 to 5 minutes, or until mixture has thickened. Remove from heat. Stir in vanilla.
4. Beat egg whites with electric mixer 2 to 3 minutes, or until peaks begin to form. Add remaining ¼ cup sugar, and beat 2 to 3 minutes more, or until smooth and glossy and stiff peaks form.
5. Gently reheat chocolate mixture until boiling. Remove from heat, then fold in one-third egg whites with spatula. Fold in remaining egg whites. Divide soufflé mixture among prepared ramekins, and dust each soufflé with confectioners' sugar. Bake soufflés 6 to 7 minutes, or until puffed high and dry on top. Serve immediately.

PER SOUFFLÉ: 280 CAL; 6 G PROT; 15 G TOTAL FAT (9 G SAT FAT); 36 G CARB; 21 MG CHOL; 57 MG SOD; 2 G FIBER; 29 G SUGARS



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CLEANSING in the RAW

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Garden of Life® introduces the world's first RAW cleansing and detoxification program

If two words would ever go together, you'd think they would be **raw** and **cleanse**. Raw denotes ingredients that are uncooked, untreated and unadulterated. Cleanse signifies a purification of the body to facilitate the removal of toxins. The idea of cleansing has grown in popularity over the last several years as Americans have become increasingly aware of the toxic environment we live in.

Since raw is such an important purity standard, it makes sense that there would be a raw cleansing formula available to consumers, but that hasn't been the case. There are hundreds of websites that tout cleansing through raw diets and recipes. In fact, the idea of cleansing the body with raw, living foods has been around for over a century.

Since many people choose to incorporate cleansing in their lives, you would think there would be a raw cleansing supplement for those embarking on a raw food-cleansing program. The fact of the matter, however, is that for many nutritional companies, cost and availability of effective raw ingredients are an issue. Sourcing all of the raw ingredients necessary to create a raw cleanse product is undeniably costly and time-consuming.

Raw should be the ultimate standard for cleanse ingredients, but it hasn't been that way. That's about to change, thanks to a new breakthrough formula, Garden of Life® RAW Cleanse.

RAW: The Ultimate Standard in Cleansing and Detoxification

For those looking for the ultimate cleanse experience, raw has always represented "the standard." Raw foods and juices are foundational elements of virtually every cleansing and detox program developed by the forerunners of the natural health movement. Garden of Life RAW Cleanse features uncooked, untreated and unadulterated ingredients that are are designed to support your body's natural digestive and detoxification systems.†

Garden of Life's RAW standard for supplementation means:

- Highly active, ultra-premium ingredients that contain live probiotics and enzymes
- No gluten, soy allergens, or dairy
- No binders or fillers
- Nutrients are delivered in their un-denatured, whole food form with all the inherent co-factors intact.

If you are looking for the best in cleansing and detoxification, go RAW with Garden of Life RAW Cleanse.

RAW Cleanse—Triple Detox Formula

1 Setting Up a RAW Defense

A high-quality cleanse must accomplish several goals, starting with the removal of unwanted toxins from the body.† A top-notch cleanse should also aid the body's natural defense mechanisms to repel toxins so they won't enter the body and bloodstream.†

It will surprise you to learn that most of the hundreds of cleanses on the market miss this crucial starting point of cleansing, which is a shame since the point of cleansing is to remove toxins from the body in order to aid digestion and overall health.† Well, where does digestion begin? Answer: the mouth, where food—and many toxins—first enter the body.

Toxin Defense, the first step in RAW Cleanse, contains a unique oral probiotic known as *S. salivarius*. Much like the skirmishes being fought in the gut, there's a war going on in your mouth between various microorganisms. *S. salivarius* has the ability to promote healthy microorganisms in the mouth.† Other microorganisms produce toxins that interfere with the normal function of the body. By taking up space in the mouth *S. salivarius* helps keep those microorganisms from setting up camp in the oral cavity, thereby providing an excellent first line of defense against toxins. Toxin Defense also includes the digestive probiotic *Bacillus coagulans*. This powerful probiotic provides support for the gastrointestinal tract, another breeding ground for toxic microorganisms. Much like *S. salivarius*, *Bacillus coagulans* works to reduce toxic load by inhibiting potentially toxic microorganisms from travelling further in the body and allowing your digestive system to function at its best.†

Toxin Defense is the first component of the RAW Cleanse equation. While minimizing the exposure to toxic invaders is an important first step, neutralizing and removing the toxins already present in your body is of equal importance.

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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2 Cleaning House with Organ Detox

The liver is the largest internal organ in the human body. All blood passes through the liver, and one of the many jobs the liver performs is removing toxins from the blood. Most cleanses work to remove toxins on the "macro" level, which means they're concerned with removing the major toxins in the liver, kidneys and other organs.

One of the "macro" ingredients in **Organ Detox** is raw chlorella, a green algae that aids the liver in excreting environmental toxins that the body is normally exposed to in small amounts.†

Organ Detox also contains milk thistle, which has been used in traditional medicine for thousands of years, and is found in many cleanse and liver detox formulas. Unlike most other cleanses the milk thistle found in Organ Detox is RAW.

The real superstar ingredients—not found in other cleanse formulations—are the intra-cellular antioxidant trio of glutathione, SOD and catalase. As research continues to unveil the importance of antioxidants, none may be as important as **glutathione**.

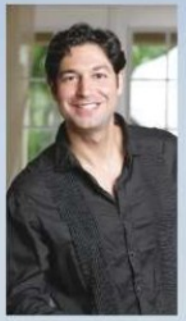
We know that antioxidants work at the cellular level to combat free radicals that damage cells. If we had to define one reason why toxins are bad, it may be because they lead to oxidative stress within the body, causing a proliferation of free radicals.

Where the human body is concerned, glutathione is at its highest concentration in the liver. As the collection point of toxins, the liver is prone to oxidative stress and damage from free radicals. Since the liver also has the ability to manufacture glutathione, four ingredients were added to Organ Detox to boost the body's ability to manufacture glutathione and aid in the detoxification process.† These ingredients in RAW Detox are raw food-created cysteine, glycine, sulfur and glutamic acid, which are building blocks your body uses to create its own storehouse of glutathione.

Organ Detox also contains the antioxidant enzymes SOD (superoxide dismutase) and catalase. These enzymes are active at the cellular level to limit the effects of oxygen radicals.† Oxygen is vital for normal body function, but too much oxygen, not efficiently utilized by the body, can cause damage. These enzymes work to minimize the effects of oxygen radicals at the cellular level.†

The net effect of these ingredients in the RAW Cleanse Organ Detox formula is that they support your liver to do what it was made to do—remove toxins from your blood.†

"RAW foods and juices are the cornerstones of virtually every cleansing and detox program developed by the forerunners of the natural health movement. RAW is 'where health is going' and is truly beyond organic…I have really enjoyed developing this unique formulation and am proud to introduce RAW Cleanse as Garden of Life's latest innovation in total digestive health."



Jordan Rubin, Founder and CEO of Garden of Life®

3 Batting Clean-Up: **RAW** Digestion & Elimination

Cleansing doesn't end with toxins being eliminated from the bloodstream. To hasten the removal process, most cleanse programs contain ingredients that help elimination. **RAW Digestion & Elimination** is unique because it's made with RAW ingredients.

RAW Digestion & Elimination was created for toxin capture and removal. This unique formulation starts with RAW food-chelated magnesium, which attracts water to the colon, allowing for the natural movement of intestinal bulk.† This differs from other laxatives that "force" muscle contractions along the digestive tract to move waste.

RAW Digestion & Elimination also contains two superfoods—flaxseed and chia seed—providing omega-3 fatty acids and fiber. Besides being highly nutritious, these bulking fibers are great for trapping toxins for removal from the body.† Additionally, RAW Digestion & Elimination contains four different cereal grass juices that are nutritional powerhouses and traditional cleansing agents. They support the proper function of a healthy gastrointestinal tract and help maintain regularity, which is important when you're trying to move toxins out of the body.†

Finally, RAW Digestion & Elimination contains one more unique ingredient, providing beneficial fatty acids and fiber from RAW organic coconut. Not only is coconut a healthy source of fiber, it also contains healthy fats known as MCFAs (medium-chain fatty acids).† Both the fiber and the good fats are helpful in facilitating effective movement of intestinal bulk.

RAW Cleanse™ is as easy to use as 1-2-3

Formula and Use	Key Ingredients	Key Benefits
Toxin Defense (1) Just before breakfast, adults empty contents of packet in mouth, take a sip of water, and swish for 45 seconds before swallowing.	Clinically Studied Probiotics • *S. salivarius*—2 Unique Strains • *B. coagulans*	• Supports optimal oral health and overall immune system function.† • The clinically studied intestinal probiotic helps support healthy bowel function, elimination and a healthy gut-associated immune system.†
Organ Detox (2) Adults take 6 capsules daily, preferably 3 capsules with breakfast and 3 capsules with lunch.	• RAW Food-Created Glutathione • RAW Glutathione Precursors—Cysteine, Glycine and Glutamic Acid • RAW SOD and Catalase • RAW Food-Created Vitamin U • RAW Milk Thistle • RAW Chlorella and Spirulina	• Supports normal removal of environmental toxins and pollutants from the body, as well as internally generated waste by-products.† • Antioxidant, enzyme and amino acid rich formula that supports healthy liver biotransformation and excretion of environmental toxins (and their metabolites) normally introduced into the body in small amounts.†
Digestion & Elimination (3) One hour before bedtime, adults mix 2 level scoops with at least 12 ounces of water or low sugar juice.	• RAW Food-Chelated Magnesium • RAW Organic Coconut fiber • RAW Organic Flaxseed and Chia Seed • RAW Organic Green Juices	• RAW Food-Chelated magnesium to draw water into the colon for effective movement of intestinal bulk.† • Bulking fibers to absorb toxins and pollutants while RAW organic coconut fiber and facilitates intestinal flow and creates a positive microbial balance in the body.†

The **RAW** Truth

RAW Cleanse is a fast-acting, seven-day cleanse that is entirely different from other cleanses available anywhere. RAW Cleanse works first to support oral and immune system health and then aids the liver in removing toxins. Finally, RAW Cleanse aids the digestive system in trapping toxins and transporting them out of the body.†

Garden of Life has created the only RAW cleanse available today. RAW is a standard that ensures you are not adding any chemical byproducts or unnecessary toxins into your body. The last thing you want your cleanse supplement to do is introduce new toxins into the body.

For decades, cleansing enthusiasts have pointed to the benefits of a RAW cleansing diet. Finally, there is a cleanse formulation that meets the RAW standard of excellence, and that's RAW Cleanse from Garden of Life.

So the next time you're in need of a cleanse, go **RAW**!

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BY Annalise Roberts

top seed

Amaranth has gone from garden scourge to superfood in a few short years

THE SCOOP: "Pigweed" may not seem all that appetizing, but call the grain-like herb by its other name—amaranth—and you've got a gluten-free option that's a protein-packed winner. Amaranth has been cultivated in Asia, Africa, and South America for centuries, but the leaves, seeds, and flour have only recently made their way into North American recipes. Amaranth is high in iron, fiber, and calcium, as well as many other nutrients. Cup for cup, it's richer in protein than quinoa.

HOW IT'S USED: Nutty amaranth flour is increasingly found in gluten-free pastas, cereals, and baked goods. Whole amaranth seeds can be used like quinoa in stews, soups, and grain dishes. Fresh amaranth, sometimes called snow cabbage or red-in-snow for the red-green leaves that grow in early spring, has a peppery flavor and can be used like watercress or spinach.

SHOPPING TIPS: Look for amaranth seeds and flour in the organic and baking sections of supermarkets. Leaves are readily available in Asian groceries and sometimes sold at farmers' markets. Seeds and flour should be kept in the fridge; store fresh amaranth the way you store any leafy green.

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Basil Friedman PROP STYLING Amy Paliwoda

Amaranth Breadsticks

MAKES 14 BREADSTICKS | VEGAN
GLUTEN FREE

Whole amaranth seeds give these breadsticks a nutty crunch. Serve them hot from the oven for the best flavor and texture.

- 1 cup amaranth flour
- ⅓ cup potato starch
- 3 Tbs. tapioca flour
- 3 Tbs. whole amaranth seeds
- 2 Tbs. sugar
- 1 0.25-oz. pkg. quick-rise dry yeast granules
- 1 tsp. xanthan gum
- ½ tsp. garlic powder
- ½ tsp. salt
- 1 tsp. olive oil
- Chipotle chile powder for sprinkling
- Kosher salt for sprinkling, optional

1. Spray baking sheet with cooking spray. Stir together amaranth flour, potato starch, tapioca flour, amaranth seeds, sugar, yeast, xanthan gum, garlic powder, and salt in bowl. Stir in oil and ¾ cup plus 1 Tbs. warm (110°F) water. Beat dough with electric mixer on high speed 2 minutes, or until smooth.

2. Transfer dough to pastry bag fitted with ½-inch round tip (or large plastic bag with 1 corner snipped off). Pipe dough into 14 breadsticks. Cover with cloth, and let rise in warm spot 30 minutes, or until breadsticks have doubled in thickness.

3. Preheat oven to 400°F. Sprinkle breadsticks with chipotle chile powder and kosher salt, if using. Bake 20 minutes, or until dark golden brown all over and crisp on bottom. Serve immediately.

PER BREADSTICK: 65 CAL; 2 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 86 MG SOD; 1 G FIBER; 2 G SUGARS

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RECIPES BY Laraine Perri

Bring home a taste of Spain with easy tapas and wine delights

Spanish flavors

Who says hors d'oeuvres have to be fancy? Not the Spanish. In the land of the late-late evening meal, tapas and a glass of wine are the preferred predinner ritual. Olives marinated with herbs, almonds dusted with spices, crunchy roasted potato chunks, and cheese wedges topped with roasted red peppers—these are just a sampling from a Spanish tradition that's all about savory simplicity.

PATATAS BRAVAS

PHOTOGRAPHY Carin Krasner FOOD STYLING William Smith PROP STYLING Kim Wong

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RED POTATOES OLIVE OIL GARLIC PAPRIKA CRUSHED TOMATOES

Patatas Bravas

SERVES 6 | VEGAN | GLUTEN FREE

Patatas bravas means "fierce potatoes," and hot smoked Spanish paprika gives the sauce for these roasted spuds an addictive bite. Spoon the sauce over the potatoes, or serve in a bowl along with toothpicks for dunking the potato wedges.

- **1½ lb. red potatoes, cut into 1-inch-thick wedges**
- **3 Tbs. olive oil, divided**
- **3 tsp. minced garlic, divided**
- **1 tsp. hot smoked paprika, or more to taste**
- **¾ cup canned crushed tomatoes**

1. Preheat oven to 425°F. Toss potatoes with 2 Tbs. oil on large baking sheet. Season with salt and pepper, if desired; cover tightly with foil; and roast 20 minutes. Remove foil, and continue roasting 12 minutes, or until potatoes are golden on bottom. Carefully turn potatoes, and roast 8 minutes more, or until browned. Sprinkle 1 tsp. garlic over potatoes, and transfer to serving dish.

2. Meanwhile, heat remaining 1 Tbs. oil in small saucepan over medium heat. Add remaining 2 tsp. garlic, and sauté 30 seconds, or until just fragrant. Add paprika, sauté 10 seconds, then stir in tomatoes. Season with salt and pepper, if desired, and simmer 10 minutes. Serve potatoes with sauce.

PER 1-CUP SERVING: 172 CAL; 3 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 49 MG SOD; 2 G FIBER; <1 G SUGARS

OLIVE OIL PAPRIKA CUMIN ALMONDS KOSHER OR SEA SALT

Spiced Almonds

MAKES 2 CUPS | VEGAN | GLUTEN FREE

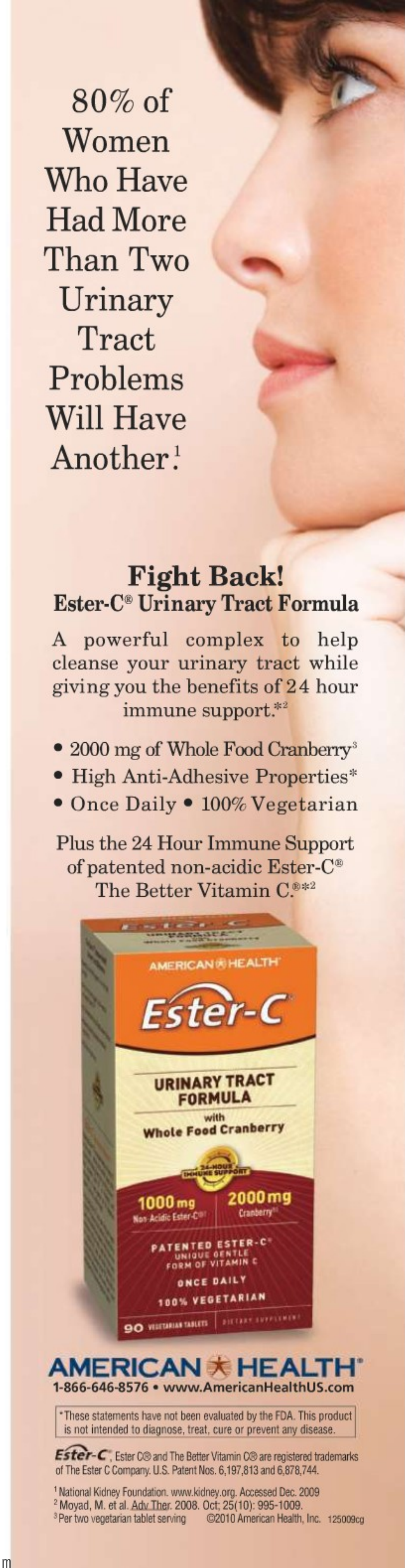
Tapas-style almonds are traditionally deep-fried in oil, but this recipe gets the same crunchy results from oven roasting.

- **4 tsp. olive oil**
- **1¼ tsp. hot smoked paprika**
- **1 tsp. ground cumin**
- **2 cups blanched whole almonds**
- **½ tsp. kosher or sea salt, or to taste**

1. Preheat oven to 300°F. Warm oil in small saucepan over low heat. Add paprika and cumin, and stir 1 minute to blend and release flavors. Remove from heat when mixture just begins to bubble. Transfer to medium bowl, and stir in almonds.

2. Transfer almonds to parchment-lined baking sheet, and bake 10 minutes. Sprinkle immediately with salt, and transfer to wire rack. Let dry at least 2 hours before serving.

PER ¼-CUP SERVING: 233 CAL; 8 G PROT; 21 G TOTAL FAT (2 G SAT FAT); 8 G CARB; 0 MG CHOL; 131 MG SOD; 4 G FIBER; 2 G SUGARS



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Marinated Red Bell Peppers and Manchego Cheese

MAKES 12 TAPAS

GLUTEN FREE

Sweet, smoky roasted red bell peppers pair with Spain's revered manchego cheese for a sublime tapas dish. If you can't find manchego, substitute thin slices of pecorino Romano.

- **2 medium red bell peppers**
- **8 oz. manchego cheese, cut into 12 triangles**
- **3 Tbs. olive oil**
- **1 large clove garlic, minced (1 tsp.)**
- **½ tsp. cumin seeds**

1. Preheat broiler. Place bell peppers on baking sheet; broil 20 minutes, or until blackened on all sides, turning occasionally. Transfer to bowl, cover with plastic wrap, and let steam 15 minutes. Remove stem, core, skin, and seeds. Cut into 12 strips.

2. Arrange cheese in round dish. Place 1 bell pepper strip atop each cheese slice.

3. Whisk together oil, garlic, and cumin seeds in small bowl, and season with salt and pepper, if desired. Spoon oil over and around cheese. Cover, and refrigerate overnight to blend flavors. Bring to room temperature before serving.

PER 1 SLICE CHEESE AND 1 STRIP BELL PEPPER: 98 CAL; 5 G PROT; 8 G TOTAL FAT (4 G SAT FAT); 2 G CARB; 14 MG CHOL; 95 MG SOD; <1 G FIBER; <1 G SUGARS

Herb-laced Olive Medley

MAKES 2 CUPS

VEGAN | GLUTEN FREE

An overnight soak in a marinade of olive oil, garlic, lemon, and herbs turns plain olives into a taste sensation. This recipe calls for brine-cured olives, but you can use any type you prefer, even canned.

- **¼ cup olive oil**
- **1 lemon, juiced, and zest grated (2 Tbs. juice, 1 Tbs. zest)**
- **2 Tbs. herbes de Provence**
- **3 cloves garlic, minced (1 Tbs.)**
- **2 cups brine-cured black and green olives**

Whisk together oil, lemon juice, lemon zest, herbes de Provence, and garlic in bowl. Add olives, and toss to coat. Cover, and marinate in refrigerator overnight, stirring occasionally. Store up to 1 week.

PER ¼-CUP SERVING: 129 CAL; <1 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 3 G CARB; 0 MG CHOL; 479 MG SOD; 1 G FIBER; <1 G SUGARS

For New York–based food writer Laraine Perri, whipping up a batch of marinated olives for tapas is easy; the hard part is keeping her hands out of the bowl while the olives marinate.

Spanish wines 101

Whether you're serving tapas or just want a nice bottle for dinner, Spanish wines offer big flavor at bargain prices. "In the past 20 years, Spanish wines have undergone a great change and gotten lighter and fresher. And they're still undervalued," explains Michael Weiss, professor of wine at the Culinary Institute of America in Hyde Park, N.Y., and coauthor of *WineWise*. Here, a few types to look for:

ALBARIÑO Light, fruity white wine made from Albariño grapes.

CAVA This Spanish bubbly offers the best value in sparkling wine, according to Weiss. "Brut is especially versatile and can go with a wide range of foods, and prices range from $8 to $20 for good-quality cavas."

JUMILLA These fruity reds have undergone a taste revolution. "They're off the beaten track, so any of them have to be good, otherwise they wouldn't be imported," says Weiss.

RIBEIRO Named for the region in Galicia where they're made, Ribeiros are crisp, light whites.

RIOJA The most famous wine region of Spain produces full-bodied reds, crisp whites, and dry rosés. Gran Reserva Riojas have been aged two years in oak barrels and three years in bottles and have rich, complex flavors, says Weiss.

VERDEJO Smooth, full-bodied wine similar to Sauvignon Blanc.

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There is no flashing red light to warn you of a calcium deficiency. In fact, it is usually not detectable until irreversible damage has already been done. Calcium deficiency is hard to detect because the calcium level in the blood may appear to be normal even in extreme cases. Why? Because the body has a calcium bank in the form of teeth and bones. The need for calcium to control muscular contractions (including the heart), blood-clotting, transmission of nerve impulses and other requirements, take priority. In short, a series of biochemical reactions is triggered and a check is written on your calcium bank.

It may be decades before you know for sure when loose teeth, receding gums or a fractured hip demonstrate how brittle and chalky your bones have become. There is no known cure for osteoporosis but it seems to be afflicting people at increasingly younger ages. The progression towards this disaster takes years, but you may be sure it is going on unnoticed right now in a substantial percentage of our population. Here are the facts that explain why the problem of calcium deficiency is so widespread.

Calcium is not easily absorbed. Perhaps no more than 10-20% of that which is found in the foods consumed is actually metabolized. There are a lot of reasons why this is so. A meal high in fats can form insoluble calcium soaps causing the calcium to pass through the system unabsorbed. The calcium in certain vegetables may be inhibited from release by oxalates found naturally in such foods as rhubarb, kale, spinach and broccoli or phytates in grains and cereals and, of course, a supply of Vitamins A and D must be present for the absorption and use of calcium.

In addition, calcium requires an acid environment for absorption – a special problem for older people who tend to have a lower production of digestive acids. There is more. Amino acids – leucine, arginine and serine – are needed for the formation of calcium-amino acid complexes. Magnesium and phosphorous must be present in an appropriate ratio. Without all these, and other factors, you may lose a lot of the benefit no matter how much calcium you may be ingesting.

You will find quite an array of calcium supplements on the shelf in your health food store. Some will be simple calcium carbonates – others will be calcium carbonate in so-called natural forms, such as oyster shells or eggshells. You will find bone-meal, di-calcium phosphate, dolomite, calcium lactate, calcium glutonate and many others. True, they all contain calcium but they vary in the amount of actual calcium content from 40% for calcium carbonate to around 9% for calcium glutonate. Carbonate has the highest percentage of calcium but it is an antacid. The catch is that calcium can only be absorbed by the body in an acid environment so this may make the calcium carbonate a somewhat self-defeating exercise, especially for older people who often suffer from digestive acid deficiency. Calcium carbonate from oyster shells is no different from calcium carbonate in any other form. It is, after all, a mineral. However, oyster shells carry the additional risk of being contaminated with heavy metals that naturally occur in the oyster bed environment.

Calcium phosphate may be the best source of calcium for us since it has a hydrogen bond and the principle calcium in the body is calcium hydrogen phosphate. Probably the best combination of calcium sources is found in one of Lewis Laboratories' products called ***RDA***™. In this product, calcium phosphate is included with calcium carbonate.

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RECIPES BY Myra Kornfeld

super seder

Mark the start of Passover with a delicious vegetarian feast

MENU

GARLICKY LEEK AND ARTICHOKE SOUP

GREENS AND QUINOA PIE

TUNISIAN CARROT SALAD WITH RADISHES AND OLIVES

MOCHA CHOCOLATE MOUSSE CAKE

LE JACQUARD FRANCAIS TABLE CLOTH AND TABLE RUNNER, FROM SALUTATIONSHOME.COM; BRIO BLUE DINNER PLATES, FLOW WHITE SALAD PLATES, STANTON FLATWARE, TOUR WINE GLASSES, NOLA WINE DECANTER, AND ELLIPSE GLASS SERVING BOWL, FROM CRATEANDBARREL.COM; JACOB ROSENTHAL COLLECTION TREE OF LIFE KIDDUSH CUP BY SANDRA KRAVITZ, NADAV STERLING CANDLESTICKS, NAMBE MATZAH TRAY, FROM SKIRBALL.ORG

PHOTOGRAPHY Carin Krasner FOOD STYLING William Smith PROP STYLING Kim Wong

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Greens and Quinoa Pie

DELISH GLASS CAKE STAND, FROM CRATEANDBARREL.COM

Seder, the ceremonial meal that family and friends share on the first and second nights of Passover, can present a challenge to vegetarian cooks. Not just because the symbolic meal features meat (a roasted lamb shank bone is traditional on the seder plate), but also because the list of foods that can't be eaten during Passover includes most grains and, in some Jewish cultures, *all* beans and legumes.

To sidestep the ingredient dilemma, entertaining expert Myra Kornfeld has put together a seder menu that uses some ingenious twists (quinoa in a crustless pie; almond flour in a chocolate mousse cake) and highlights the bounty of spring. The result? A flavorful, seasonal feast worthy of a holiday occasion.

Greens and Quinoa Pie

SERVES 6 | GLUTEN FREE

Technically, quinoa is not a grain (it's related to spinach and chard), so it's perfect for Passover. Here, spring greens are wilted then mixed with quinoa and cheese for a golden-crusted savory pie.

- ½ cup quinoa, rinsed and drained
- 1 large bunch chicory (1 to 1¼ lb.), cut into bite-sized pieces (bottom 1½ inches of hard stems removed)
- 1 head romaine lettuce, shredded
- 3 Tbs. olive oil, divided
- 2 medium onions, thinly sliced (2 cups)
- 2 green onions, thinly sliced (¼ cup)
- ¼ cup chopped fresh dill
- ¼ cup crumbled feta cheese, preferably Greek (1 oz.)
- ¼ cup grated aged goat cheese or Swiss cheese (1 oz.)
- 3 eggs, lightly beaten

1. Place quinoa in small saucepan, and toast over medium heat 2 to 3 minutes, or until almost dry. Add 1 cup water, and season with salt, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer, covered, 15 minutes. Remove from heat, and transfer to large bowl.

2. Heat large pot over medium heat. Add chicory, and cook 3 to 5 minutes, or until wilted, stirring frequently or tossing with tongs. Add romaine, and wilt 1 to 2 minutes more. Transfer greens to strainer, and squeeze out excess moisture. Transfer to cutting board, and chop into small pieces. Stir greens into quinoa.

3. Preheat oven to 350°F. Heat 1 Tbs. oil in skillet over medium-high heat. Add onions, and sauté 10 minutes, or until browned. Add cooked onions, green onions, dill, feta cheese, and goat cheese to quinoa mixture. Stir in eggs; season with salt and pepper, if desired.

4. Pour 1 Tbs. oil into 9-inch pie pan, and place in oven. Heat 5 minutes, or until oil is hot. Swirl oil to coat bottom of pan, then spread quinoa mixture in pan with spatula. Bake 20 minutes. Drizzle pie with remaining 1 Tbs. oil, and bake 20 to 30 minutes more, or until golden brown.

PER SLICE: 233 CAL; 10 G PROT; 13 G TOTAL FAT (4 G SAT FAT); 20 G CARB; 115 MG CHOL; 149 MG SOD; 7 G FIBER; 4 G SUGARS

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Garlicky Leek and Artichoke Soup

Greens and Quinoa Pie; Tunisian Carrot Salad with Radishes and Olives

Garlicky Leek and Artichoke Soup

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

A light artichoke soup gets a blast of flavor from a swirl of basil pesto. If the soup seems too thick when blended, simply add a little more water or broth to the mixture until desired consistency is achieved.

- 2 Tbs. olive oil
- 2 medium leeks, white parts chopped (2 cups)
- 9 cloves garlic, peeled
- 2 cups reduced-sodium vegetable broth
- 2 9.9-oz. jars water-packed artichoke hearts, rinsed and drained (2 cups) or 1 10-oz. pkg. frozen artichoke hearts, thawed
- 2 medium boiling potatoes, peeled and cut into 1-inch pieces (¾ cup)
- 6 fresh thyme sprigs
- 2 tsp. lemon juice
- 6 Tbs. prepared basil pesto

1. Heat oil in large saucepan over medium heat. Add leeks and garlic, and sauté 5 minutes, or until leeks are softened and translucent. Add broth, artichokes, potatoes, thyme, and 2 cups water; cover, and bring to a boil. Reduce heat to medium-low; season with salt and pepper, if desired; and simmer, partially covered, 20 to 25 minutes, or until potatoes and garlic are very tender.

2. Remove thyme sprigs, and strip remaining thyme leaves into soup pot. Transfer soup to blender or food processor, and blend until smooth. Return to pot and stir in lemon juice. Season with salt and pepper, if desired. Ladle soup into bowls, and garnish each serving with 1 Tbs. prepared pesto.

PER 1-CUP SERVING: 223 CAL; 6 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 25 G CARB; 5 MG CHOL; 670 MG SOD; 5 G FIBER; 4 G SUGARS

THE VEG SEDER PLATE

A traditional seder plate features six symbolic foods, including a roasted lamb shank bone. Vegetarians often use a fresh beet in place of the shank bone (shown). For a vegan variation, you could also swap an avocado pit for the roasted egg.

MABEL GLASS SOUP BOWL, FROM CRATEANDBARREL.COM; SEDER PLATE BY MARILYN DAVIDSON, FROM SKIRBALL.ORG

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Tunisian Carrot Salad with Radishes and Olives

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

This brightly colored salad adds a fresh, festive touch to the meal. Blanching the carrot slices gives them a crisp-tender texture and brings out their sweetness. For best results, serve the salad at room temperature.

- 1 lb. carrots, cut into ¼-inch-thick slices (3 cups)
- ½ cup thinly sliced radishes (3 to 4 radishes)
- ¼ cup chopped green olives
- 2 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 2 tsp. ground cumin
- 1 tsp. paprika
- 2 Tbs. fresh lemon juice
- 6 Tbs. minced fresh cilantro

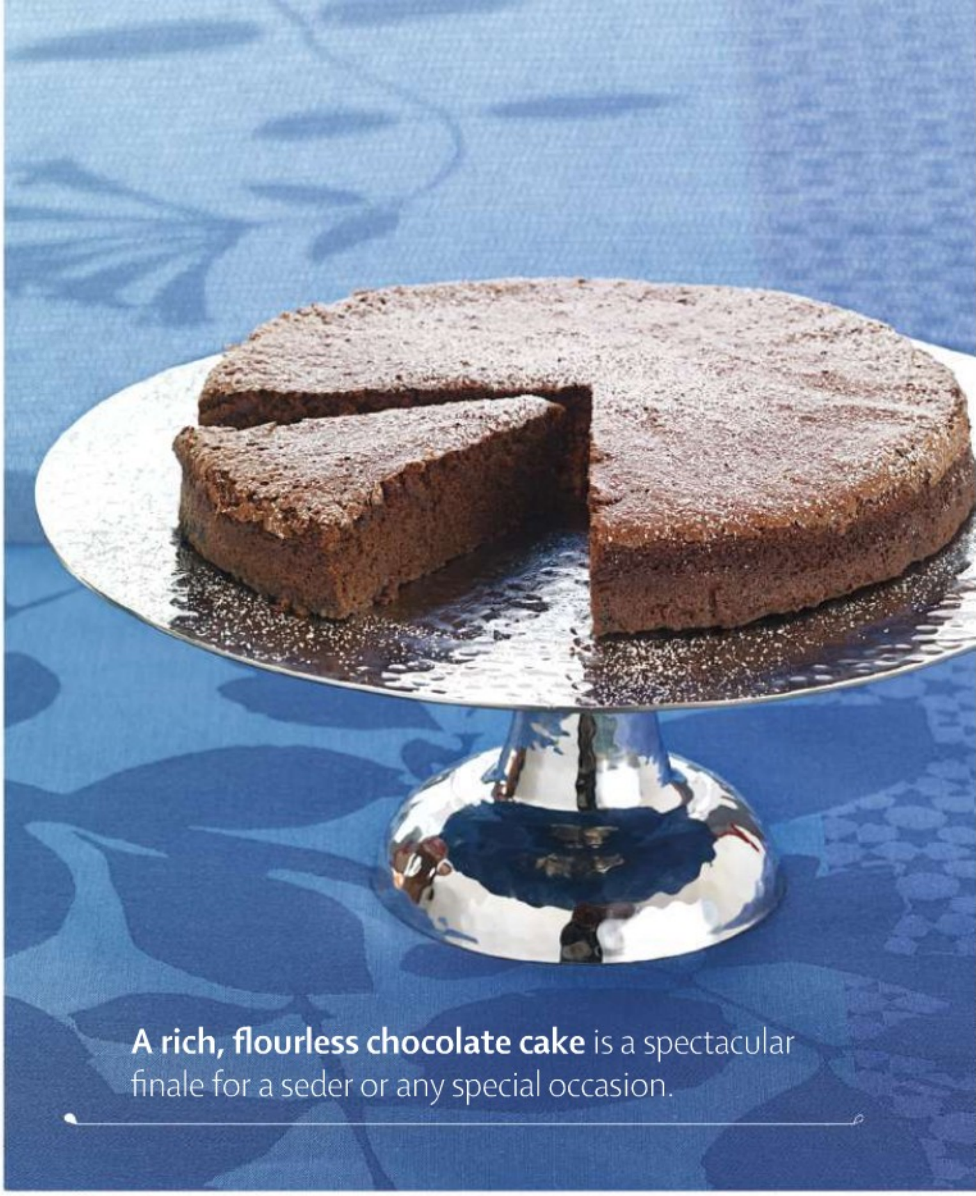
1. Bring large pot of salted water to a boil. Blanch carrots 3 to 4 minutes, or until just tender. Transfer to bowl of ice water to stop cooking; drain, and transfer to large bowl. Stir in radishes and olives.
2. Heat oil, garlic, cumin, and paprika in small skillet over medium heat 2 minutes, or until garlic sizzles and starts to brown. Stir oil mixture into carrot mixture. Add lemon juice to skillet to remove any last bits in pan, then stir into carrot mixture. Season with salt and pepper, if desired. Stir in cilantro. Let stand 20 minutes at room temperature to marry flavors.

PER 1-CUP SERVING: 84 CAL; 1 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 146 MG SOD; 3 G FIBER; 3 G SUGARS

Mocha Chocolate Mousse Cake

SERVES 12 | GLUTEN FREE

This dessert puffs like a soufflé when baked, then settles to become a rich, mousse-like cake. When slicing, use a knife dipped in hot water and then wiped dry. The heated blade will glide smoothly through the cake without sticking.



A rich, flourless chocolate cake is a spectacular finale for a seder or any special occasion.

- 9 oz. semisweet chocolate, chopped
- ¾ cup light coconut milk
- 1 Tbs. instant espresso powder
- 1 Tbs. vanilla extract
- 5 room temperature eggs
- 6 Tbs. organic cane sugar
- ¼ cup almond flour
- 1 Tbs. confectioners' sugar, for sprinkling

1. Preheat oven to 400°F. Coat 9-inch springform pan with cooking spray. Wrap bottom and sides of pan in foil. Grind chocolate to coarse meal in food processor.
2. Bring coconut milk to a boil in saucepan. Remove from heat, and stir in espresso powder. Pour over chocolate in food processor, and pulse until smooth. Add vanilla, and pulse until combined. Transfer chocolate mixture to bowl.
3. Beat eggs and sugar with electric mixer on high speed 5 minutes, or until doubled in volume. Fold eggs, then almond flour into chocolate mixture.
4. Pour batter into prepared pan. Set pan inside roasting pan, and fill roasting pan with 1 inch of hot water. Bake 15 to 20 minutes, or until dry crust forms on top but center is still slightly wobbly. Remove pan from water, and cool on wire rack. Refrigerate 2 hours, or overnight to set. Unmold, and sprinkle with confectioners' sugar.

PER SLICE: 184 CAL; 5 G PROT; 11 G TOTAL FAT (5 G SAT FAT); 18 G CARB; 88 MG CHOL; 31 MG SOD; 2 G FIBER; 16 G SUGARS

While writing her latest book, The Healthy Hedonist Holidays, *Myra Kornfeld honed her skills at creating flavorful yet relaxed holiday meals.*

MARY JUREK HAMMERED STAINLESS STEEL CAKE STAND, FROM FEAST (949-715-5335); LE JACQUARD FRANCAIS TANGER TABLECLOTH, FROM SALUTATIONSHOME.COM

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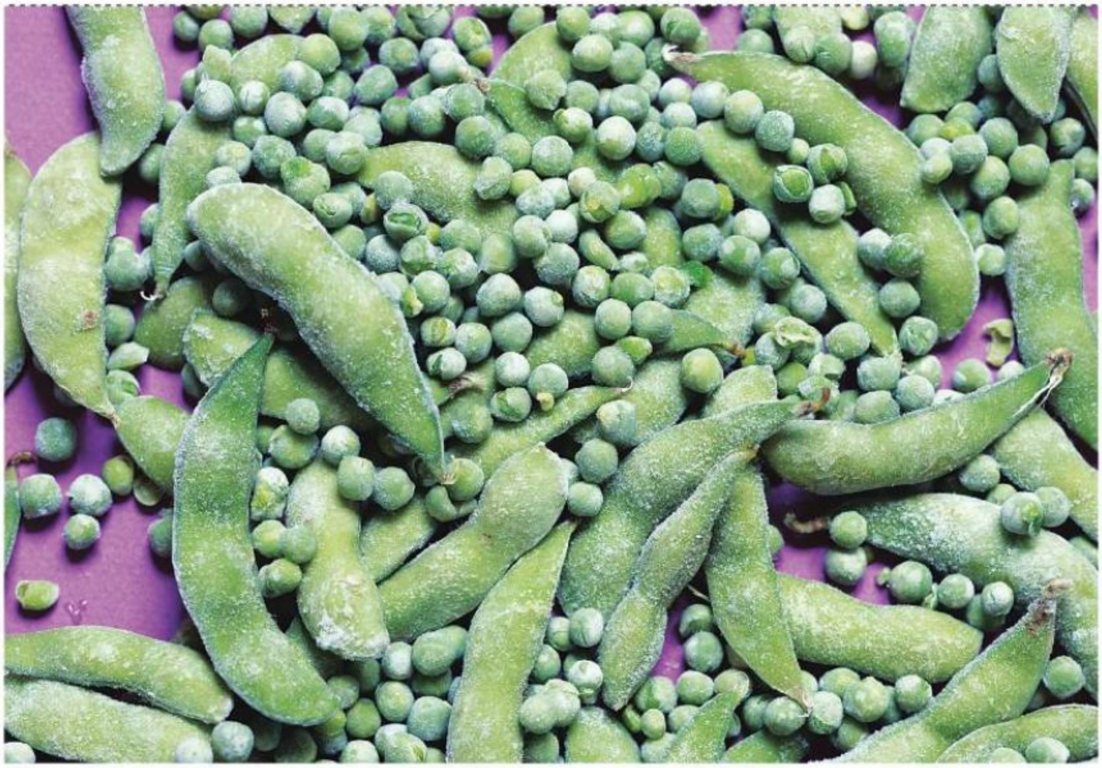
RECIPES BY Laurie Gauguin

CHEF'S GUIDE to FROZEN VEGETABLES

Professional cooks reveal six freezer-aisle winners, plus tips on how to use 'em



Restaurant chefs and cookbook authors often dish out advice on choosing garden-fresh produce. But their expertise isn't limited to the crispest lettuce or the sweetest strawberries. We asked six chefs to weigh in on a home-cooking staple: frozen vegetables. Their selections show a keen sense for cost and convenience—but ultimately focus on flavor. Pick up a few of the frozen wonders they chose, try out a recipe or two, and taste for yourself: these pros really know their stuff.

PHOTOGRAPHY Beatriz Da Costa FOOD STYLING Pierre Riviere

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PEAS

At The Red Avocado in Iowa City, Iowa, co-owner David Burt allows very few frozen veggies in menu items. But frozen peas make the grade in one of the restaurant's specialty items: potato-pea samosas seasoned with Indian spices "Frozen peas are really nice from a labor point of view because they're already shelled," he says. They are a great way to add a little green to grain dishes too.

Gingery Quinoa Salad with Apples, Peas, and Coconut

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Vegetable juice gives this grain salad a gorgeous color, a hint of flavor, and a hefty boost of vitamin C and beta-carotene.

- ⅓ cup chopped almonds (1½ oz.)
- 2 tsp. vegetable oil
- ½ cup chopped onion
- 2 Tbs. minced fresh ginger
- 1 cup quinoa
- 1½ cups beet-carrot or carrot juice
- 1 cup frozen peas
- 1 medium apple, diced
- ⅓ cup unsweetened shredded coconut

1. Toast almonds in saucepan over medium heat 3 to 5 minutes, or until fragrant and beginning to brown, stirring often. Cool.
2. Wipe out saucepan; add oil and onion. Sauté onion 2 to 3 minutes, or until translucent, stirring occasionally,
3. Stir in ginger, quinoa, and juice, and season with salt and pepper, if desired. Bring to a boil. Cover, reduce heat to medium-low, and simmer 15 to 20 minutes, or until all liquid is absorbed.
4. Remove from heat, and scatter peas over cooked quinoa. Cover, and let stand 10 minutes, until peas are thawed.
5. Stir apple, coconut, and almonds into salad. Serve warm or at room temperature.

PER 1-CUP SERVING: 295 CAL; 9 G PROT; 11 G TOTAL FAT (3 G SAT FAT); 40 G CARB; 0 MG CHOL; 98 MG SOD; 6 G FIBER; 7 G SUGARS

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DICED BUTTERNUT SQUASH

VT Executive Chef Ann Gentry admits she once thought frozen vegetables were suitable for only boiling or steaming. "Finally, I realized you can use them just like fresh vegetables," she says. Gentry likes to sauté defrosted, diced butternut squash in olive oil, then season it with a bit of her favorite herbs, such as dill, basil, or tarragon: "I love that—just a little hint of herbs with salt and pepper." The presliced, prediced vegetable also makes an ideal base for quick, creamy, puréed soups.

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Butternut Bisque with Cauliflower

SERVES 5 | VEGAN | 30 MINUTES OR FEWER

The squash base for this creamy soup gets puréed before cooking rather than after, so there's no shuffling of hot liquids. For a heartier main-dish version, use 1 cup cauliflower and 1 cup peeled, diced potatoes instead of 2 cups cauliflower.

- 2 cups coarsely chopped cauliflower florets (4 oz.)
- 1 10-oz. pkg. frozen diced butternut squash, thawed (1½ cups)
- 1 cup low-sodium vegetable broth
- 1 Tbs. all-purpose flour
- ¼ tsp. dried thyme
- 1½ cups soy creamer
- 1½ cups frozen corn kernels, thawed
- 2 green onions, white and pale green parts thinly sliced

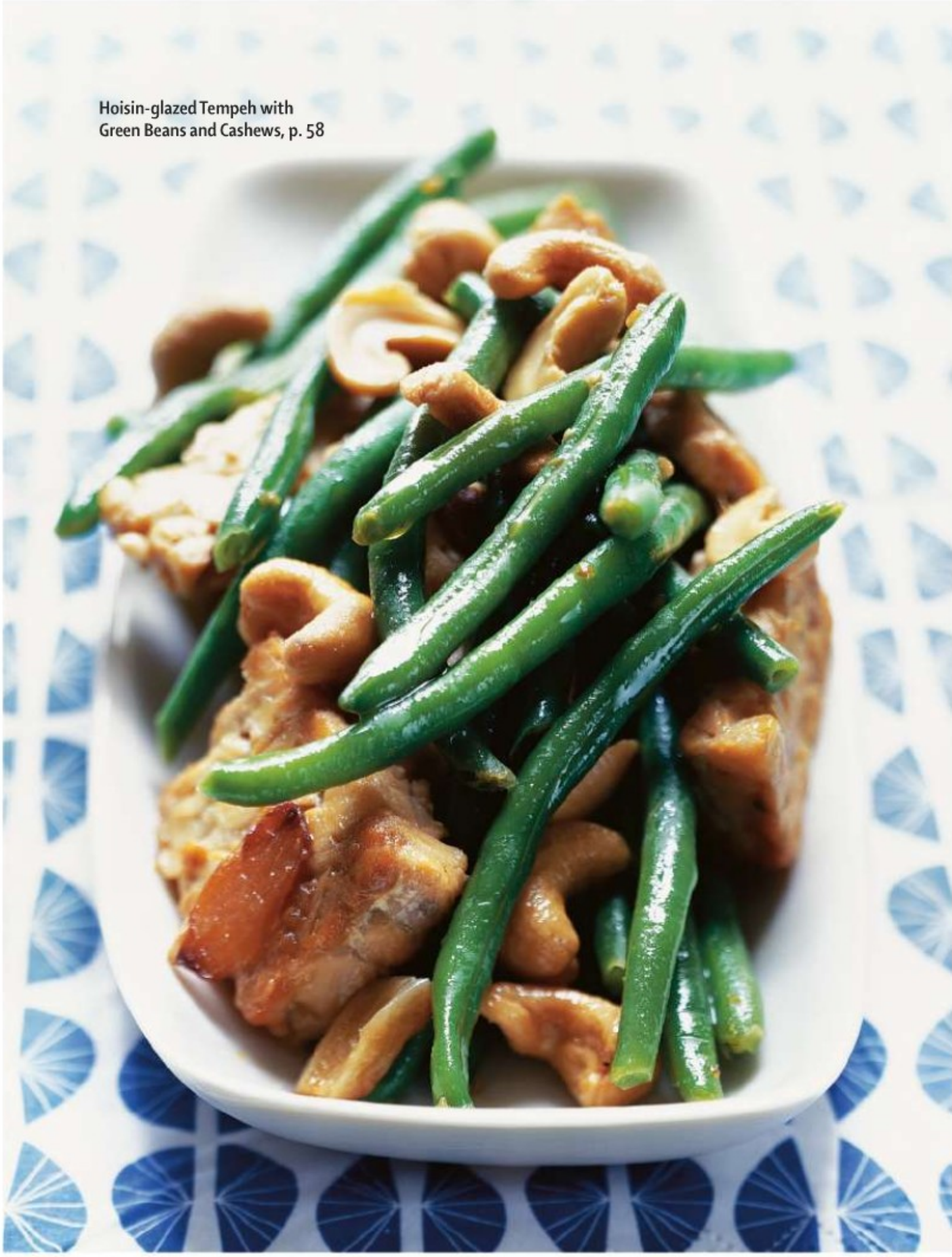
1. Place steamer basket and ½ inch of water in medium saucepan. Cover, and steam cauliflower 4 to 6 minutes, or until tender. Set aside.

2. Meanwhile, purée squash, broth, flour, and thyme in blender or food processor until smooth.

3. Bring squash purée to a boil in saucepan. Cover, reduce heat to medium-low, and simmer 10 minutes, whisking occasionally to prevent scorching.

4. Remove pan from heat, and stir in soy creamer. Add cauliflower and corn, and cook 1 to 2 minutes, or until heated through. Season with salt and pepper, if desired. Ladle soup into bowls, and top with green onions.

PER 1-CUP SERVING: 160 CAL; 3 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 113 MG SOD; 3 G FIBER; 4 G SUGARS



Hoisin-glazed Tempeh with Green Beans and Cashews, p. 58

WHOLE BABY GREEN BEANS

Nava Atlas, author of *Vegan Soups and Hearty Stews for All Seasons*, snacks on lightly seasoned green beans. "Frozen green beans come out tremendously well, and you can get away with using them plain as a side dish," she says. Frozen green beans are especially good in Asian stir-fries, where they maintain their crisp texture.

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Hoisin-glazed Tempeh with Green Beans and Cashews

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

Prepared hoisin sauce, a Chinese dipping sauce made from fermented soybeans, garlic, chiles, and spices, makes quick work of this flavorful stir-fry. Once opened, hoisin sauce should be stored in the fridge, where it will keep for months. Serve this dish with brown rice or soba noodles.

- 4 tsp. hoisin sauce
- 2½ tsp. rice vinegar, divided
- 1 Tbs. low-sodium soy sauce or tamari
- 1 tsp. cornstarch
- 1 Tbs. vegetable oil
- 1½ Tbs. minced fresh ginger
- 4 cloves garlic, minced (4 tsp.)
- 1 8-oz. pkg. tempeh, cut into ½-inch cubes
- 1 12-oz. pkg. frozen whole baby green beans
- ⅓ cup roasted, unsalted cashews

1. Whisk together hoisin sauce, 2 tsp. rice vinegar, soy sauce, cornstarch, and ½ cup water in small bowl. Set aside.
2. Heat skillet or wok over medium heat. Add oil, then ginger and garlic. Stir-fry 1 to 2 minutes, or until garlic turns pale gold.
3. Add tempeh and hoisin sauce mixture to pan. Stir to coat tempeh. Cover, reduce heat to medium-low, and simmer 2 minutes, or until sauce begins to thicken.
4. Stir in green beans. Cover, and simmer 4 to 5 minutes, or until beans are hot, stirring occasionally. Stir in remaining ½ tsp. rice vinegar. Serve topped with cashews.

PER ¾-CUP SERVING: 259 CAL; 14 G PROT; 15 G TOTAL FAT (3 G SAT FAT); 19 G CARB; <1 MG CHOL; 227 MG SOD; 3 G FIBER; 4 G SUGARS

BRUSSELS SPROUTS

"My favorite frozen vegetable? Brussels sprouts," says Kendra Feather, owner of Ipanema Cafe in Richmond, Va. "I roast them with potatoes, garlic, and cauliflower, then serve as a version of veggies and dip."

Miso-roasted Brussels Sprouts

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

There's no thawing involved in this easy, Asian-inspired vegetable roast. If you don't have sriracha sauce in your pantry, season the miso coating with a few drops of your favorite hot sauce.

- 3 tsp. toasted sesame oil, divided
- 3 tsp. rice vinegar, divided
- 2 tsp. miso paste
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. sriracha chile sauce
- 1 16-oz. bag frozen Brussels sprouts
- 2 tsp. toasted sesame seeds

1. Preheat oven to 450°F. Whisk together 2 tsp. sesame oil, 2 tsp. rice vinegar, miso paste, garlic, and sriracha sauce in bowl. Add Brussels sprouts, and toss to coat.
2. Spread Brussels sprouts on baking sheet, and roast 20 minutes, or until coating looks dry, tossing every 10 minutes. Transfer to bowl, and stir in remaining 1 tsp. sesame oil and 1 tsp. rice vinegar and sesame seeds. Season with salt and pepper, if desired.

PER ¾-CUP SERVING: 74 CAL; 3 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 9 G CARB; 0 MG CHOL; 93 MG SOD; 3 G FIBER; 2 G SUGARS

ARTICHOKE HEARTS

"Frozen artichokes are easier to work with than fresh, and I find them a lot more flavorful than canned," says Robin Robertson, author of *1,000 Vegan Recipes*. Notably, frozen artichoke hearts are just as good as fresh when it comes to levels of heart-healthy antioxidants cynarin and silymarin.

Artichoke Ragoût with Saffron and Olives

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

The secret to cooking with artichokes is to use a light hand when adding seasonings so the unique flavor of the veggie comes through.

- 1½ Tbs. olive oil
- ½ cup finely chopped onion
- 3 cloves garlic, minced (1 Tbs.)
- ¼ tsp. crushed saffron threads
- ¼ tsp. ground black pepper
- 1 large red bell pepper, sliced
- ½ cup dry white wine
- 1 cup crushed tomatoes
- 2½ cups white mushrooms, quartered
- 1 8-oz. pkg. frozen artichoke hearts
- ¼ cup kalamata olives

1. Heat skillet over medium heat. Add oil, then onion and garlic. Sauté 1 to 2 minutes, or until garlic turns gold. Stir in saffron and black pepper.
2. Add bell pepper and wine. Increase heat to medium-high, and cook 3 to 4 minutes, or until wine is reduced by half. Add tomatoes, and cook 3 minutes more.
3. Stir in mushrooms, artichoke hearts, and 1 cup water, and bring to a boil. Cover, reduce heat to medium, and simmer 15 to 20 minutes, or until vegetables are tender. Remove lid, and cook off any excess moisture, if necessary. Stir in olives, and season with salt and pepper, if desired.

PER SERVING: 174 CAL; 5 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 19 G CARB; 0 MG CHOL; 373 MG SOD; 7 G FIBER; 4 G SUGARS

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Edamame Pâté Sandwiches

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

The pâté can also be spread on crackers or thinned with additional water and used as a dip.

- 1¼ cups frozen shelled edamame, thawed
- ½ cup walnuts
- ⅓ cup mint leaves (packed)
- 1 green onion, chopped
- ½ tsp. salt
- 3 Tbs. lemon juice
- 8 slices whole-grain bread
- 2 cups arugula
- 4 jarred roasted red peppers, drained
- 2 small cucumbers, thinly sliced

1. Purée edamame, walnuts, mint, green onion, and salt in food processor until finely chopped. With motor running, add lemon juice and 3 Tbs. water. Process until smooth.

2. Spread each of 4 bread slices with ⅓ cup pâté. Add ½ cup arugula, 1 roasted pepper, and cucumbers to each. Top with remaining bread slices.

PER SANDWICH: 294 CAL; 14 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 36 G CARB; 0 MG CHOL; 806 MG SOD; 9 G FIBER; 7 G SUGARS

Thanks to this article, Laurie Gauguin's freezer now regularly holds a box of frozen artichoke hearts nestled between the kaffir lime leaves and homemade soup.

EDAMAME

"Edamame is one of the best frozen vegetables in the world," declares Rich Landau, executive chef and co-owner of Horizons restaurant in Philadelphia. He seasons puréed edamame with tamari, sesame oil, and white pepper, then adds the pâté-like spread to mashed potatoes for "the most well-rounded Asian taste imaginable." It's also a good source of fiber, omega-3 fats, and disease-fighting isoflavones.

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CSA: THE RIGHT WAY

BY Hillari Dowdle

Eager to sign up for a share in Community Supported Agriculture? Here's what you need to know

I've always been a big supporter of Community Supported Agriculture. I fully embrace the notion that the diversity of fresh, organic, seasonal produce found in a weekly CSA box promotes personal and planetary well-being. I know in my bones that buying directly from local farmers is the right thing to do—that family farms dedicated to sustainable practices are a healthful corrective to industrial agriculture and the ecological havoc it wreaks. Cultivating a personal connection with the source of our food and learning to eat in sync with nature's rhythms can only do us good. I've talked up CSAs with anyone who would listen.

And then I joined one.

Already sold on the concept, I rushed into the relationship willy-nilly, plunking down $750 for a full 25-week share in a farm I chose mostly because of its groovy name. My enthusiasm stood in for due diligence: I didn't bother to assess my options, to ask around, or even to meet the farmer first. With such a great concept, what could go wrong?

Plenty, as it turns out. When I finally did meet my farmer—the man in whom I'd invested my hard-earned cash, not to mention my hopes and dreams—he wasn't the paragon I expected. In fact, halfway through the 25 weeks he threw in the towel, leaving his shareholders to wonder whether or not he'd finish out the season (he did). In a difficult growing year, when key crops were lost to blight or bad weather, he failed to come up with a backup plan, and instead delivered ever-dwindling boxes mostly containing the few veggies that managed to reach the "baby"

ILLUSTRATIONS BY **Gilbert Ford**

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stage. I didn't even bother to pick up my last box of the season—it didn't seem worth it to drive to the drop-off point.

It was a bad experience, yes, but in it I saw the potential for a good one. I'll do a CSA again this year—only this time, I'll be smart about it. Here's how you can too.

MEET AND GREET THE FARMER. A huge benefit of participating in a CSA is knowing from where—and from whom—you're getting your food. "On a deeply spiritual level, we humans need a connection to the people who grow our food," says Erin Barnett, director of LocalHarvest (localharvest.org), an online resource that helps consumers connect with producers of local food. "It used to be that most people lived on a farm, had relatives who did, or at least had big gardens.

"If you can be flexible and go with it, you'll have a great time."

Now, we think it's normal to get our food from the grocery store. We've moved so far away from the land and from nature that we've forgotten how deeply nourishing it is to be connected to our food. In some ways, the best thing about CSA membership is that it gives you a chance to have a relationship with a farmer and a piece of land."

If you have several CSAs in your area, make every effort to meet farmers face-to-face. But before sitting down with any of them and getting to the nitty-gritty of membership, you'll want to do a little investigating.

DO A BACKGROUND CHECK. Failing to check references is one of the mistakes rookie CSA participants can make, says Chris Hunt, policy advisor for Sustainable Table, a nonprofit that educates consumers about sustainable food practices. "If the farmer really cares about local food, and really cares about the longevity of the CSA, he or she will really want to take care of the shareholder," he says. "The best way to assess that commitment is to talk to other shareholders."

Ask the farmer for the names and numbers of shareholders past and present. Call them up and ask: Do you think you got your money's worth? What was the best thing about the CSA? What was the worst? Did you like the food? And—perhaps most important—would you recommend this CSA to others?

DIG DEEPER. Once you've established an interpersonal rapport and checked references, it's time to interview the farmer. By enrolling in a farmer's CSA, you're effectively hiring him to put food on your table—it's well within your rights to ask a few questions. Start with this one: how much experience do you have?

"Running a CSA requires a high level of farming skill. Farmers have to manage so many crops in succession, get the timing right, and deal with issues of weather and labor," says Barnett. "It's a lot for beginners." Ask how long the farmer has been farming and the CSA operating.

Next, try to suss out the farmer's priorities. "There aren't that many farms that do just CSA," says Elizabeth Henderson, a founder of Peacework Organic Farm in Newark, N.Y., and author of *Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture.* "They often do farmers' markets or provide food for local restaurants as well. The farm may or may not prioritize the CSA. We fill our shares first, since shareholders are the people who paid up in advance. But not everyone feels that way." If you want the best produce a farm has to offer, make sure you buy into one that puts CSAs first.

Also look for a farmer who has a plan to handle crises. "Farming is a risky business," says Paula Lukats, CSA program manager for Just Food, a nonprofit that brings fresh, organic, sustainable food options to New York City residents. "There's always the possibility of flooding, hail, drought, or virulent pests. The best farmers can manage the risk, and have a backup plan in place so if you're not getting tomatoes,

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CSA Support Group

LocalHarvest (localharvest.org): The Web's most complete local food guide; check for CSA reviews.

Eat Well Guide (eatwellguide.org): Affiliated with Sustainable Table, this site locates CSAs and farmers' markets near you.

Robyn Van En Center CSA Database (wilson.edu/csasearch): Sponsored by Pennsylvania's Wilson College, this database gives just-the-facts, ma'am.

National Sustainable Agriculture Information Service (attra.ncat.org): A cornucopia of information about food sustainability, plus a modest local food directory searchable by state.

you are getting broccoli or eggplant. Part of the CSA philosophy is that members commit to sharing the risks of farming with the farmer, but that the farmers also try to minimize that risk for members as much as possible."

Finally, ask in detail about the farmer's practices. "Look for a farm that is doing things right," says Hunt. "That means not using excessive amounts of pesticides or synthetic fertilizers. That means taking steps to minimize water and air pollution. That means taking care to rotate crops and conserve soil, and not planting acre upon acre of one kind of soybean. And if livestock is concerned, it means not raising animals in confinement." Decide which issues are critical to you, then be sure to talk to the farmer about them.

GET WITH THE SEASONS. A side benefit of CSA participation is reducing your food miles—that is, the amount of oil burned to bring dinner to your table. There are plenty of reasons to keep food miles to a minimum. "When you ship food for a long distance, it won't be fresh and it will be more prone to food-safety problems," Henderson says. "And when you buy imported food, it won't do a thing for your local economy." Eat local, however, and you minimize emissions, reduce food safety issues, and keep cash in the pockets of your neighbors.

Eating local also means eating in sync with the seasons, which some folks find easier to swallow in theory than in practice. "You need to understand that if you live in the Northeast, you won't have a field-ripened tomato in your box until at least July," Henderson says.

Before you sign up, take the time to research what's in season and when, and you'll be more at ease with the contents of your CSA box. You can check seasonality by state with the tables posted on the National Resources Defense Council Web site (nrdc.org/health/foodmiles).

CONSIDER COMMUNITY. "Community" is the first word in CSA for a reason, notes Christine Mayer, program manager for the Fulton Center for Sustainable Living at Wilson College in Pennsylvania. "When you join a CSA, you get to know the farmer and other like-minded individuals," she says. "When you're joining, ask about the community aspect. At Wilson College's Fulton Farm CSA, we offer community-building activities, workshops, potluck suppers, recipe exchanges, and weekly newsletters. Getting to know your neighbors is a big part of creating sustainable communities."

In a healthy CSA, relationships will be supportive. "Belonging to our CSA offers a tremendous social opportunity," says Henderson. "We've had many friendships—and even a couple of marriages—come out of it."

Henderson requires all Peacework shareholders to work on the farm each season. Not every CSA demands this, though it's worth taking a trip to the farm anyway—especially if you have small children you'd like to introduce to the concept of local, organic, seasonal foods.

Feeling plugged in, if that's what you want, is a key CSA benefit.

KNOW THYSELF. Even with all their benefits, CSAs are not for everyone. To determine if a CSA would be a good deal for you, estimate how much you spend on fresh produce every week, and compare that to the cost of a share (which generally runs $20 to $30 a week).

Control freaks need not apply. "People who like to write out their menu at the beginning of every week and aren't flexible about cooking what's available won't like being in a CSA, where they don't have control over what they get," Henderson says. "Those people are better off shopping at the farmers' market and buying just what they need."

Can you be improvisational about your meals? "We make sure to let our members know that while there are going to be well-known foods, like tomatoes and okra, in the baskets, there are also going to be new and unusual items, like arugula, kohlrabi, and paw-paws," says Jessica Hammonds, founder of Organicism Farms, a CSA in Knoxville, Tenn. "If you can be flexible and go with it, you'll have a great time."

I've decided I can, and I will.

This year, I'll try Hammonds's CSA. Because I love her chatty, foodie style. Because eating locally is important. Because supporting small farms is the key to healthful, vibrant communities. And because with CSAs—as with pizza and sex—even when they're bad, they're still pretty good.

Got tips? How do you get the most out of your CSA membership? Share your earned wisdom at vegetariantimes.com/csatips.

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Cocoa-dusted Glazed Almonds, p. 68

Gather your friends for a java-tasting party complete with sweet treats

coffee KLATCH

RECIPES BY Fiona Kennedy PHOTOGRAPHY Maren Caruso FOOD STYLING Robyn Valarik PROP STYLING Christine Wolheim

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Blueberry Yogurt Cake with Lemon Glaze, p. 68

From African coffee ceremonies, Middle Eastern coffeehouses, and European cafés to good ol' American java joints, sipping coffee and socializing is a centuries-old tradition around the globe. So why not tap into that tradition—and take it to the next level—by hosting a coffee tasting at home? Choose a few brews, then serve a selection of easy, elegant sweets from the following pages, and you've got everything you need for a celebration that's guaranteed to get guests talking.

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Graham Biscotti with Pistachios and Lemon

MAKES 60 BISCOTTI

Graham flour adds a wonderful malted flavor as well as a nubbly texture.

- 1¾ cups all-purpose flour
- ½ cup graham flour or whole-wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- ¾ cup light brown sugar, firmly packed
- 2 large eggs, at room temperature
- ½ tsp. vanilla extract
- 1 tsp. grated lemon zest
- 2 Tbs. lemon juice
- 1 cup shelled raw pistachios

1. Preheat oven to 350°F. Line baking sheet with parchment paper. Sift together flours, baking powder, baking soda, and salt in bowl. Beat brown sugar, eggs, vanilla, and lemon zest with electric mixer 5 minutes, or until tripled in volume. Beat in flour mixture. Stir in lemon juice, then pistachios.
2. Dampen hands, and use to shape dough into 2 12- x 2½-inch logs. Transfer to prepared baking sheet, and bake 20 minutes, or until golden. Cool 10 minutes.
3. Reduce oven temperature to 325°F. Slice warm logs with serrated knife into ⅓-inch-thick slices. Lay biscotti slices flat on baking sheet. Bake 8 minutes. Turn biscotti with spatula, and bake 7 to 10 minutes more, or until golden brown on both sides. Cool on wire rack.

PER BISCOTTI: 41 CAL; 1 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 7 MG CHOL; 53 MG SOD; <1 G FIBER; 3 G SUGARS

Biscotti is Italian for "twice cooked."
The extra baking step makes these cookies a little more time-consuming than others, but it also makes them keep longer (up to three weeks).

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Dark Chocolate and
Banana Panini, p. 68

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FLIGHT OF FANCY

When selecting coffees for a tasting, "Start with medium-roasts from particular regions," advises Lindsey Bolger, director of Coffee Sourcing and Relationships at Green Mountain Coffee Roasters in Waterbury, Vt. "Coffees reflect the soil and climate where the beans are grown," she explains. Bolger's recommendations, below, also work as a cheat sheet for buying coffee yourself!

Colombian Classic balance with just the right level of acidity; a good coffee to taste first.

French roast This dark-roast coffee lets tasters savor how roasting influences the flavor of coffee.

Ethiopian Clear, pure flavor with floral and berry notes from the botanical birthplace of coffee. Bolger says tasting African coffee is "almost a tea-like experience."

Guatemalan or Costa Rican Brighter, more vibrant flavor with a little more acidity. "Think in terms of musical harmonies—Central American coffee is like a tenor and a soprano singing together," says Bolger.

Sumatran Heavy-bodied, rustic-flavored coffee with pleasing, earthy notes produced by the parts of the fruit that remain on the coffee seed during processing.

Blueberry Yogurt Cake with Lemon Glaze

SERVES 12

If you've ever delighted in one of those big glazed slices of cake sold in the case at coffee shops, you'll love this recipe.

CAKE

- 1¼ cups all-purpose flour, divided
- ¼ cup cornmeal
- 2 tsp. baking powder
- ½ tsp. salt
- ¾ cup light brown sugar
- ⅓ cup grape seed oil
- 2 Tbs. Cointreau liqueur, optional
- 1 tsp. vanilla extract
- 2 large eggs, at room temperature
- 7 oz. low-fat Greek yogurt
- ⅔ cup fresh or frozen blueberries

GLAZE

- 3 Tbs. lemon juice
- 2 Tbs. light brown sugar
- 1 Tbs. Cointreau liqueur, optional

1. To make Cake: Preheat oven to 350°F. Grease and flour 9- x 5-inch loaf pan.
2. Sift together 1 cup plus 3 Tbs. flour, cornmeal, baking powder, and salt in bowl. Beat brown sugar; oil; Cointreau, if using; and vanilla in separate bowl with electric mixer until smooth. Beat in eggs. Alternately add flour mixture and yogurt to egg mixture until combined.
3. Toss blueberries with remaining 1 Tbs. flour, and fold into batter. Pour into prepared pan, and bake 70 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes.
4. To make Glaze: Whisk together all ingredients in small bowl. If not using Cointreau, add 1 Tbs. water.
5. Unmold Cake, and poke top all over with wooden skewer. Brush Cake with Glaze. Cool completely before serving.

PER SLICE: 205 CAL; 4 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 31 G CARB; 36 MG CHOL; 211 MG SOD; <1 G FIBER; 17 G SUGARS

Cocoa-dusted Glazed Almonds

MAKES 2 CUPS | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Candying almonds in the oven is easy as long as you keep a sharp eye on them while baking. When the syrup around the almonds turns a darker shade of brown, they're done. Omit the cayenne if you prefer a nonspicy sweet treat.

- 3 Tbs. maple syrup
- 2 Tbs. light brown sugar, firmly packed
- 1 tsp. salt
- ½ tsp. cayenne pepper
- ¼ tsp. cinnamon
- 2 cups raw almonds
- 1½ Tbs. cocoa powder

1. Preheat oven to 325°F. Line rimmed baking sheet with parchment paper.
2. Combine maple syrup, brown sugar, salt, cayenne, and cinnamon in saucepan, and bring to a simmer over medium heat. Add almonds, and cook 3 minutes, stirring constantly. Pour almonds onto prepared baking sheet in single layer. Bake 20 minutes, or until almonds are toasted and syrup has become dark brown, stirring occasionally to prevent burning. Stir to separate, then cool.
3. Place nuts in resealable plastic bag with cocoa powder, and shake to coat.

PER ¼-CUP SERVING: 241 CAL; 8 G PROT; 18 G TOTAL FAT (1 G SAT FAT); 17 G CARB; 0 MG CHOL; 293 MG SOD; 5 G FIBER; 9 G SUGARS

Dark Chocolate and Banana Panini

MAKES 4 PANINI | 30 MINUTES OR FEWER

Ooey-gooey and oh so delicious, these treats aren't as sinful as they taste. If you don't have a panini maker, cook the sandwiches in a skillet, using a second heavy pan to flatten them as they cook.

- 2 large bananas, sliced ⅛-inch thick
- 8 slices sprouted wheat or sourdough bread
- 4 oz. dark bittersweet chocolate, chopped
- 4 tsp. honey

1. Arrange banana slices on 4 pieces of bread, then sprinkle each with 3 Tbs. chocolate and 1 tsp. honey. Top with remaining bread slices.
2. Preheat panini maker, and coat with butter-flavored cooking spray. Cook panini 3 to 4 minutes per side. Cool 5 minutes before serving.

PER PANINI: 318 CAL; 7 G PROT; 11 G TOTAL FAT (6 G SAT FAT); 55 G CARB; 0 MG CHOL; 91 MG SOD; 7 G FIBER; 26 G SUGARS

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Maple Pecan Sablés

MAKES 44 COOKIES | VEGAN | GLUTEN FREE

Gluten-free flour mix gives these cookies a wonderful melt-in-your-mouth texture.

- ¾ cup chopped pecans
- ½ cup nonhydrogenated vegan margarine (1 stick), softened
- ¼ cup firmly packed light brown sugar
- 3 Tbs. maple syrup
- ½ tsp. vanilla extract
- ½ tsp. salt
- 1⅓ cups unleavened gluten-free baking flour
- ¼ cup sanding sugar or raw sugar

1. Preheat oven to 350°F. Toast pecans 10 to 12 minutes. Cool.

2. Beat margarine, brown sugar, maple syrup, vanilla, and salt with electric mixer until smooth. Stir in flour with spatula until just mixed. Fold in pecans.

3. Shape dough into two 10-inch logs. Wrap in plastic wrap, and chill 2 hours.

4. Unwrap dough logs, and let stand 20 minutes at room temperature. Roll logs in sanding sugar, then slice into ¼-inch disks. Transfer to baking sheet. Bake 12 to 14 minutes, or until golden.

PER COOKIE: 55 CAL; <1 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; <1 MG CHOL; 49 MG SOD; <1 G FIBER; 3 G SUGARS

One of Fiona Kennedy's favorite ways to have coffee is to simply pour a shot of espresso over a scoop of vanilla gelato.

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 BY Maggie Patinelli

cabbage

Tap into the culinary charms of a veggie staple

Irish eyes may smile to see a plate of boiled cabbage (it's their version of comfort food, after all), but for the rest of us, that particular preparation gives cabbage a bad rap. So we've taken the versatile, nourishing vegetable and given it a five-recipe makeover, using inspiration from cabbage-cooking traditions worldwide. From a French-style salad to a homey German noodle dish, with an Italian calzone, a spicy Asian stir-fry, and an oh-so-American casserole thrown in for good measure, the results are recipes that even avowed cabbage-haters will love.

NUTRITIONAL PROFILE

1 CUP CHOPPED RAW CABBAGE CONTAINS:

- 22 CALORIES
- 1 G PROTEIN
- 2 G FIBER
- 68 MCG VITAMIN K
- 33 MG VITAMIN C

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Red Cabbage Salad with Pears and Walnuts

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Think cabbage salad has to be a slaw? Think again. Thinly sliced cabbage heads make a crunchy alternative to lettuce. This salad should be served as soon as it is made so the cabbage retains its vibrant color. To make pomegranate syrup, simmer 1 cup pomegranate juice with 2 Tbs. sugar and 1 Tbs. lemon juice over medium heat 1 hour, until thick.

- 1 Tbs. plus ½ tsp. red wine vinegar
- 1 Tbs. grape seed oil
- 2 tsp. pomegranate syrup
- 1 tsp. Dijon mustard
- ½ head red cabbage, cut in half, cored, and very thinly sliced (4 cups)
- 1 Bartlett pear, cored and sliced
- ½ cup toasted walnut pieces
- ⅓ cup thinly sliced red onion

1. Whisk together vinegar, oil, pomegranate syrup, and mustard in small bowl. Set aside.
2. Toss together cabbage, pear slices, walnuts, and red onion in serving bowl. Add dressing, and toss to coat. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 125 CAL; 2 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 12 G CARB; 0 MG CHOL; 34 MG SOD; 3 G FIBER; 6 G SUGARS

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Basil Friedman PROP STYLING Amy Paliwoda

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Layers of cabbage, leeks, tomato sauce, and ricotta cheese
create a hearty entrée that is even better made ahead and reheated.

REVOL BELLE CUISINE SQUARE BAKER, FROM SURLATABLE.COM

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Cabbage Casserole with Leeks, Ricotta, and Pine Nuts

SERVES 6 | GLUTEN FREE

Removing excess moisture from the vegetables and cheese before assembling helps hold this dish together.

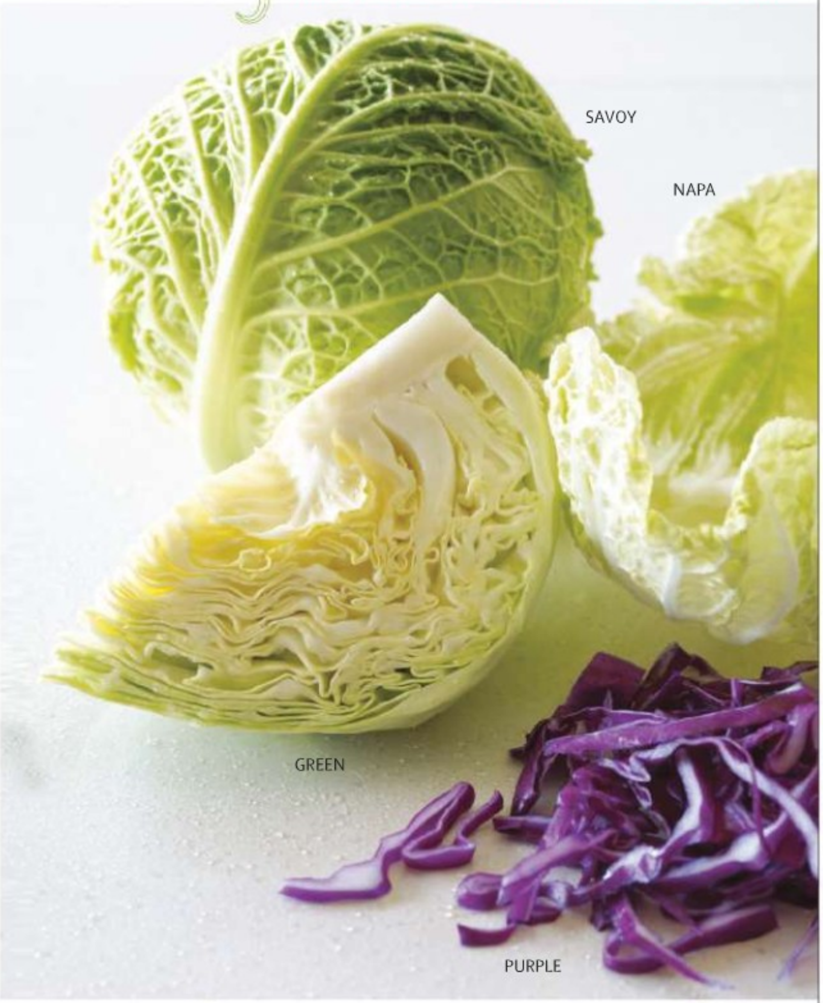
- 12 large leaves savoy cabbage
- 3 tsp. olive oil, divided
- 3 small leeks, halved, white and light green parts cut into ½-inch-thick pieces (1 cup)
- ½ cup low-sodium vegetable broth
- 3 slices lemon
- 2 cloves garlic, minced (2 tsp.)
- 1 15-oz. can chopped tomatoes
- 3 Tbs. chopped fresh parsley
- 8 oz. low-fat ricotta cheese (1 cup), drained
- 3 Tbs. toasted pine nuts

1. Blanch cabbage leaves in large pot of boiling salted water 7 minutes, or until softened. Drain, pat dry, and set aside.
2. Preheat oven to 350°F. Coat 8-inch square baking dish with cooking spray.
3. Heat 1½ tsp. oil in skillet over medium-high heat. Add leeks and broth. Season with salt, if desired; place lemon slices on top; and bring to a simmer. Cover, reduce heat to medium-low, and cook 25 minutes. Drain in colander, remove lemon, pat leeks dry, and set aside.
4. Heat remaining 1½ tsp. oil in skillet over medium heat. Add garlic, and cook 1 minute. Add tomatoes, and cook 10 minutes, or until most of liquid has evaporated. Stir in parsley, and season with salt and pepper, if desired.
5. Place 3 to 4 cabbage leaves on bottom of prepared baking dish. Spread ¼ cup tomato sauce over leaves, top with one-third of leeks, dot with one-third of ricotta, and sprinkle with 1 Tbs. pine nuts. Repeat layering 2 more times, seasoning with salt and pepper between layers, if desired, and top with fourth layer of cabbage and sauce. Bake 25 to 30 minutes, or until strata begins to brown on top.

PER 1-CUP SERVING: 147 CAL; 8 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 17 G CARB; 12 MG CHOL; 597 MG SOD; 6 G FIBER; 7 G SUGARS

heads up!

DON'T KNOW YOUR NAPA FROM YOUR SAVOY?
Here's how to choose the right head for any recipe



Savoy cabbage Loose, crinkly leaves that go from dark emerald on the outside to pale green toward the center of the head have a mild, sweet taste. Check the base for yellowing (a sign of age). Because its leaves are so pliable, savoy cabbage is the best choice for recipes that call for whole leaves, but it can also be substituted for green or red cabbage.

Green, red, or purple cabbage This tight-headed standard holds up well in marinades (think slaw) and slow cooking. Look for compact heads with no separating leaves—a sign the cabbage is past its prime. For a crisp-tender texture and no cabbage-y smell in the kitchen, limit cooking time to 10 minutes. Adding 1 teaspoon of vinegar to the cooking liquid for red cabbage will keep the color bright.

Napa cabbage Its ruffled, pale, delicately flavored leaves are tender enough to stand in for lettuce but sturdy enough to stand up to the heat of a stir-fry. To preserve freshness, peel and slice only the leaves you need to use, then store the rest of the head in the fridge.

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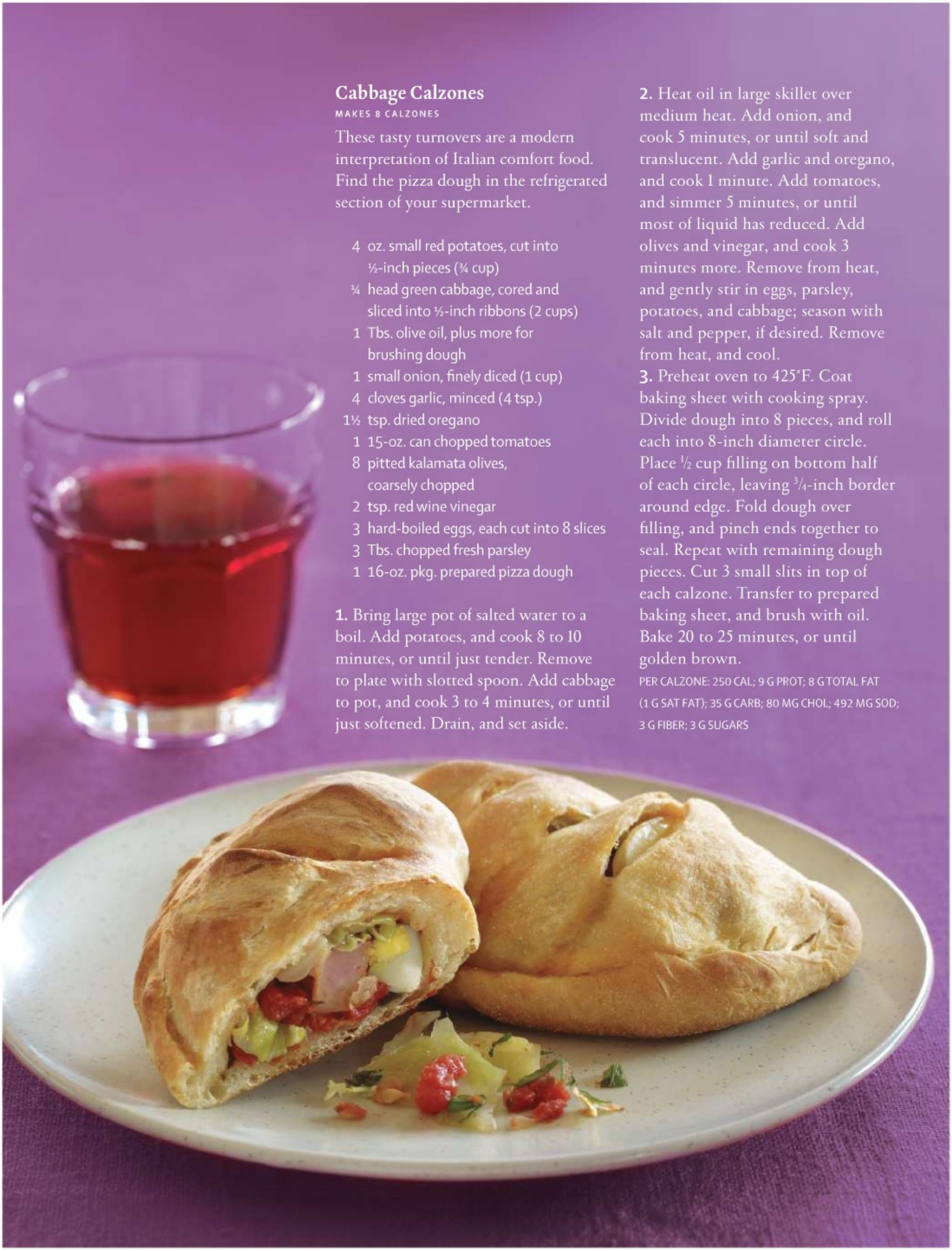

Cabbage Calzones

MAKES 8 CALZONES

These tasty turnovers are a modern interpretation of Italian comfort food. Find the pizza dough in the refrigerated section of your supermarket.

- 4 oz. small red potatoes, cut into ½-inch pieces (¾ cup)
- ¼ head green cabbage, cored and sliced into ½-inch ribbons (2 cups)
- 1 Tbs. olive oil, plus more for brushing dough
- 1 small onion, finely diced (1 cup)
- 4 cloves garlic, minced (4 tsp.)
- 1½ tsp. dried oregano
- 1 15-oz. can chopped tomatoes
- 8 pitted kalamata olives, coarsely chopped
- 2 tsp. red wine vinegar
- 3 hard-boiled eggs, each cut into 8 slices
- 3 Tbs. chopped fresh parsley
- 1 16-oz. pkg. prepared pizza dough

1. Bring large pot of salted water to a boil. Add potatoes, and cook 8 to 10 minutes, or until just tender. Remove to plate with slotted spoon. Add cabbage to pot, and cook 3 to 4 minutes, or until just softened. Drain, and set aside.

2. Heat oil in large skillet over medium heat. Add onion, and cook 5 minutes, or until soft and translucent. Add garlic and oregano, and cook 1 minute. Add tomatoes, and simmer 5 minutes, or until most of liquid has reduced. Add olives and vinegar, and cook 3 minutes more. Remove from heat, and gently stir in eggs, parsley, potatoes, and cabbage; season with salt and pepper, if desired. Remove from heat, and cool.

3. Preheat oven to 425°F. Coat baking sheet with cooking spray. Divide dough into 8 pieces, and roll each into 8-inch diameter circle. Place ½ cup filling on bottom half of each circle, leaving ¾-inch border around edge. Fold dough over filling, and pinch ends together to seal. Repeat with remaining dough pieces. Cut 3 small slits in top of each calzone. Transfer to prepared baking sheet, and brush with oil. Bake 20 to 25 minutes, or until golden brown.

PER CALZONE: 250 CAL; 9 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 35 G CARB; 80 MG CHOL; 492 MG SOD; 3 G FIBER; 3 G SUGARS

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Hot and Sour Napa Cabbage

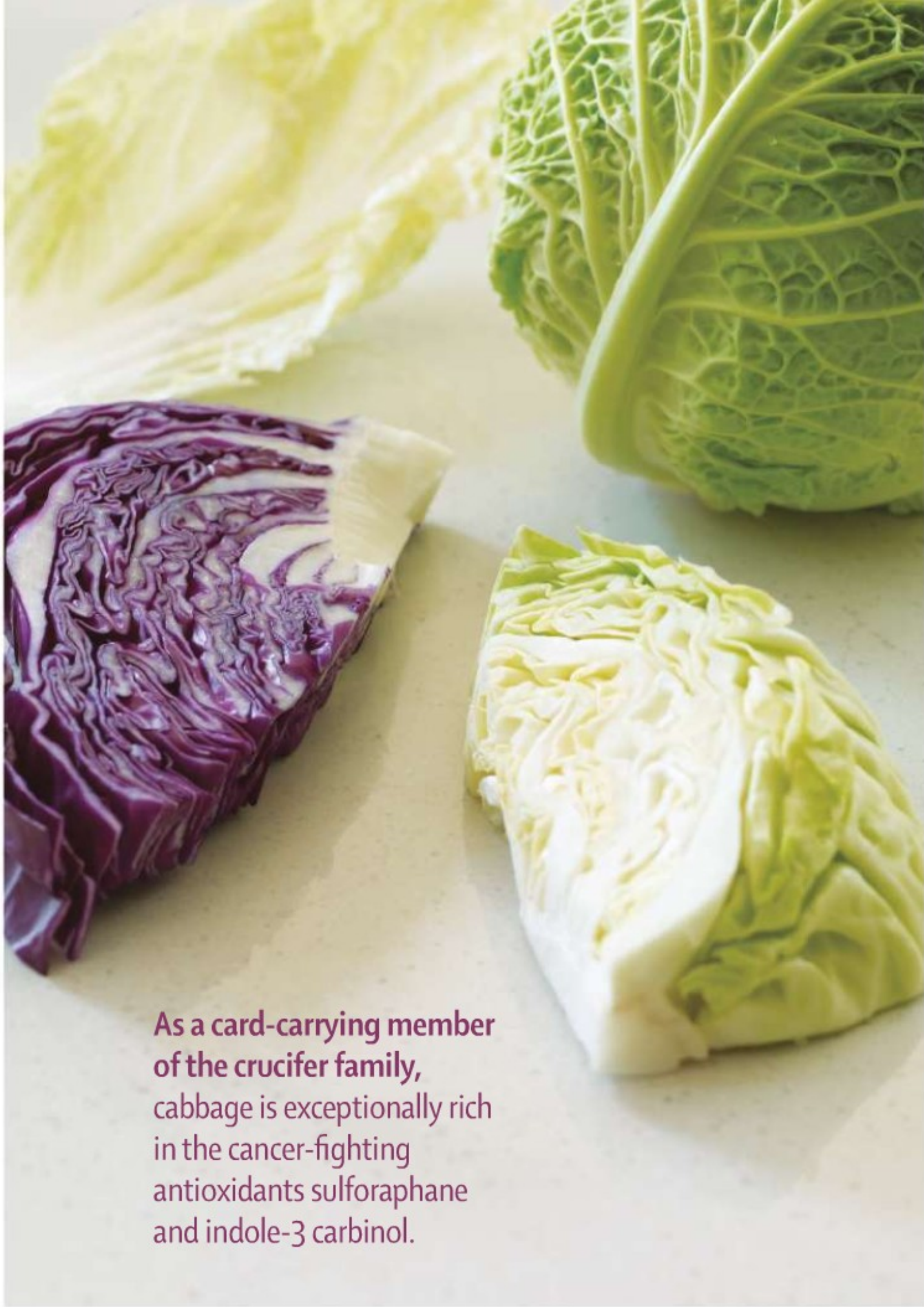
SERVES 4 | VEGAN | 30 MINUTES OR FEWER

This classic Chinese side dish can be ready in less than 15 minutes, slicing time included. It goes well with milder non-Asian main dishes too.

- 1 Tbs. vegetable oil
- 2 tsp. toasted sesame oil
- 2 whole dried chiles de arbol, thinly sliced
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. minced fresh ginger
- 1 head napa cabbage, leaves cut into 1-inch-thick slices (2 lb.)
- 3 Tbs. Chinese black vinegar or balsamic vinegar
- 3 Tbs. low-sodium soy sauce
- ½ tsp. sugar
- 2 green onions, green parts thinly sliced (2 Tbs.), for garnish

Heat vegetable oil and sesame oil in large skillet or wok over medium-high heat. Add chiles, garlic, and ginger, and stir-fry 1 minute. Add cabbage, and cook 30 seconds. Stir in vinegar, soy sauce, and sugar, and cook 2 to 3 minutes, or until cabbage is crisp-tender. Season with salt, if desired, and give one last shake or stir. Serve garnished with green onions.

PER ¾-CUP SERVING: 119 CAL; 4 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 11 G CARB; 0 MG CHOL; 433 MG SOD; 3 G FIBER; 5 G SUGARS



As a card-carrying member of the crucifer family, cabbage is exceptionally rich in the cancer-fighting antioxidants sulforaphane and indole-3 carbinol.

Egg Noodles with Cabbage and Chard

SERVES 6 | 30 MINUTES OR FEWER

Combining green cabbage with Swiss chard adds sweetness and color to this homey recipe. Season with salt at the end of cooking to keep the cabbage from turning soggy.

- 1 8-oz. pkg. egg noodles
- 3 Tbs. olive oil
- 1 large onion, chopped (2 cups)
- 3 cloves garlic, minced (3 tsp.)
- 1 head green or savoy cabbage, quartered, cored, and sliced into 1-inch-wide pieces (8 cups)
- 1 bunch Swiss chard, large stems removed, leaves sliced into 1-inch-wide pieces (8 cups)
- ¾ cup low-sodium vegetable broth
- 1 Tbs. red wine vinegar
- 1½ tsp. caraway seeds
- ⅛ tsp. cracked black peppercorns

1. Cook noodles in large pot of boiling salted water according to package directions. Drain, and set aside.
2. Meanwhile, heat 2 Tbs. oil in large skillet over medium heat. Add onion, and sauté 7 minutes, or until beginning to brown. Add garlic, and cook 30 seconds. Add cabbage and Swiss chard. Stir to coat with onion and garlic mixture. Add broth and vinegar, and cook 8 to 10 minutes, or until cabbage has softened. Stir in noodles and remaining 1 Tbs. oil, and cook 3 minutes more. Stir in caraway seeds and cracked peppercorns; season with salt, if desired.

PER 2-CUP SERVING: 246 CAL; 7 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 36 G CARB; 27 MG CHOL; 168 MG SOD; 6 G FIBER; 3 G SUGARS

VT recipe tester Maggie Patinelli learned that caraway seeds taste great with cabbage and noodles from her aunt Rosemarie and cousin Tom.

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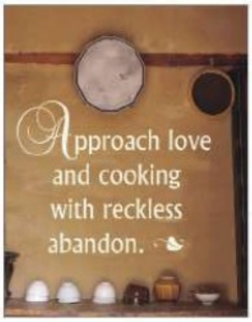

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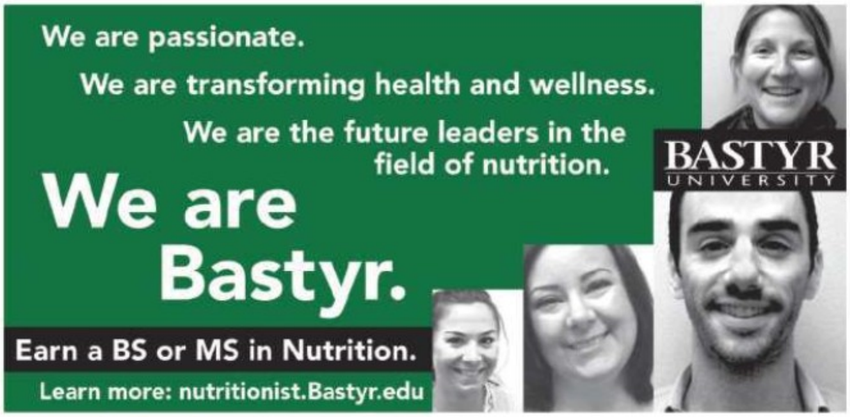

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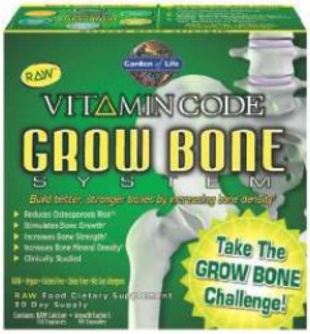

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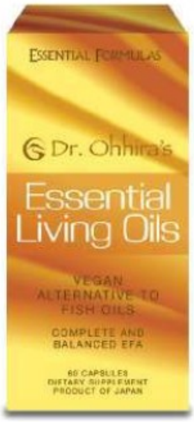

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recipe index

APPETIZERS

Recipe	Vegan	Dairy Free	Gluten Free	Low Calorie	Low Saturated Fat	30 Minutes or Fewer
Amaranth Breadsticks, p. 44	■	■	■	■	■	
Herb-laced Olive Medley, p. 48	■	■	■	■	■	
Live Spring Rolls with Lemon-Ginger Dipping Sauce, p. 36	■	■		■	■	■
Marinated Red Bell Peppers and Manchego Cheese, p. 48			■	■		
Patatas Bravas, p. 47	■	■	■	■	■	
Spiced Almonds, p. 47	■	■	■		■	

SOUPS AND SALADS

Recipe	Vegan	Dairy Free	Gluten Free	Low Calorie	Low Saturated Fat	30 Minutes or Fewer
Butternut Bisque with Cauliflower, p. 57	■	■		■	■	■
Garlicky Leek and Artichoke Soup, p. 52			■		■	■
Gingery Quinoa Salad with Apples, Peas, and Coconut, p. 55	■	■	■	■	■	■
Live Hot and Sour Soup, p. 36	■	■		■	■	■
Red Cabbage Salad with Pears and Walnuts, p. 71	■	■	■	■	■	■
Tunisian Carrot Salad with Radishes and Olives, p. 53	■	■	■	■	■	■

SIDES AND SAUCES

Recipe	Vegan	Dairy Free	Gluten Free	Low Calorie	Low Saturated Fat	30 Minutes or Fewer
Basic Béchamel (White) Sauce, p. 39				■		■
Honey-braised Carrots, p. 32		■	■	■	■	■
Hot and Sour Napa Cabbage, p. 75	■	■		■	■	■
Miso-roasted Brussels Sprouts, p. 58	■	■		■	■	■

ENTRÉES

Recipe	Vegan	Dairy Free	Gluten Free	Low Calorie	Low Saturated Fat	30 Minutes or Fewer
Artichoke Ragoût with Saffron and Olives, p. 58	■	■	■	■	■	■
Blanquette de Tempeh, p. 40	■	■		■	■	
Cabbage Calzones, p. 74		■		■	■	
Cabbage Casserole with Leeks, Ricotta, and Pine Nuts, p. 73			■	■	■	
Dark Chocolate and Banana Panini, p. 68		■		■		■
Edamame Pâté Sandwiches, p. 59	■	■		■	■	■
Egg Noodles with Cabbage and Chard, p. 75		■		■	■	■
Greens and Quinoa Pie, p. 51			■	■		
Hoisin-glazed Tempeh with Green Beans and Cashews, p. 58	■	■		■	■	■
Italian Orzo and Greens, p. 12				■	■	■
Live Un-Stir-Fry with Cauliflower "Rice," p. 36	■	■		■		■
Mac and Cheese for Grown-ups, p. 39				■	■	
Root Vegetables Creole, p. 40	■	■		■	■	

DESSERTS

Recipe	Vegan	Dairy Free	Gluten Free	Low Calorie	Low Saturated Fat	30 Minutes or Fewer
Blueberry Yogurt Cake with Lemon Glaze, p. 68					■	
Cocoa-dusted Glazed Almonds, p. 68	■	■	■		■	■
Dark Chocolate Soufflés, p. 41						■
Graham Biscotti with Pistachios and Lemon, p. 66		■		■	■	
Live Chocolate Mousse, p. 37	■	■	■			■
Maple Pecan Sablés, p. 69	■	■	■	■	■	
Mocha Chocolate Mousse Cake, p. 53			■	■		

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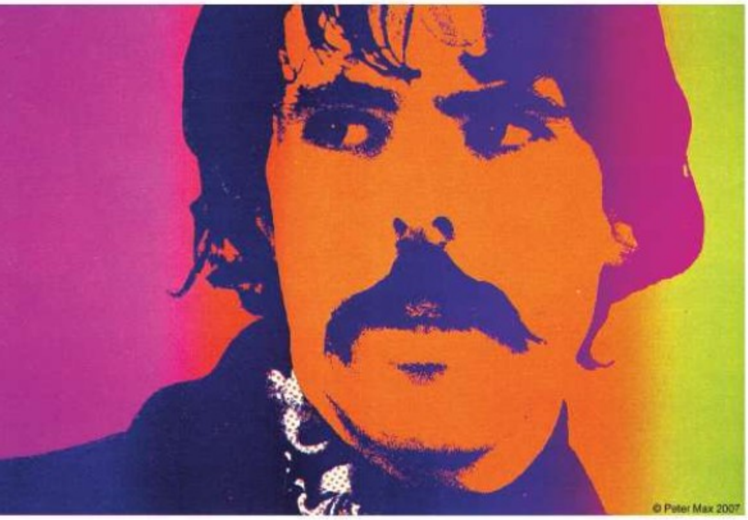
By Jolia Sidona Allen



COURTESY PETER MAX

Peter Max

An artist with an activist's palette

Legendary pop artist Peter Max has created such larger-than-life works as a freedom dove chiseled from a 7,000-pound section of the Berlin Wall. His "cosmic '60s" art has appeared on posters for the Grammys as well as on U.S. postage stamps and the White House lawn. Still, there's something other than visionary works of art being produced in Max's New York studio: activism. Max, wife Mary, and daughter Libra—all vegans—frequently host events in the 24,000-square-foot studio space to raise awareness for environmental causes and animal rights. Here, Max, 72, pauses to talk with *VT*.

Q How did you come to be a vegetarian, and then a vegan?

A When I was in my mid-20s, in Paris, I met Swami Satchidananda. He introduced me to yoga, meditation, and a vegetarian diet. So, I became a vegetarian, and I stayed a vegetarian for many years. I helped Swami Satchidananda create yoga centers around the United States, and at the centers I met a lot of people who were vegan. And then I met Dr. Joel Fuhrman, who introduced me to what, as I remember it, he used to call salad in a glass [now known as Dr. Fuhrman's Green Longevity Drink],* which I've been drinking every morning for 12 years.

Q How has adopting a vegan diet influenced your outlook on life?

A A vegan diet keeps you much calmer, it's just the nature of it. A meat-eating diet gives you, sometimes, a bit of an edge, just like when you drink a lot of coffee, so I don't drink coffee either.

Q What cause matters to you most?

A I'm completely an animal rights person. I would like animals not to suffer so much at the hands of humanity. I believe that in due time, human beings will respect other animals. [The ancient Greek physician] Hippocrates once said, "All souls are the same, just our bodies are different." If people could really take that in and understand it, then they would respect a moth, a bug. If I see a bug crawling on the floor, I rush to the bug before my kitties get to him. I pick him up, take him to the park, and let him out where there are green plants and maybe a little bit of water so he doesn't have to walk too far. I feel so good every time I do it. I tell you, it's an overwhelming feeling. The bug is so small, and the feeling so huge.

Q How have you been able to use your fame to champion animal rights?

A Did you ever hear the story about Cindy Woo the cow? I was in Cincinnati, editing a short film, and I found out about a cow that escaped a nearby slaughter-house by leaping over a six-foot fence. For seven days and nights I was on the phone, trying to get the cow released, and I couldn't. It was painful for me. I finally got a call from a lawyer friend, who said, "Peter are you sitting down?" I said, "Yes," and he said, "The cow is yours!" I sobbed like a little boy. We took the cow from Cincinnati to the Farm Sanctuary in Watkins Glen, N.Y., where she lived in peace for six years until she died.

Q What was it about the cow's story that moved you so deeply?

A The fact that we deal with these cows like commodities instead of thinking about them like our own families, the same souls in different bodies.

**Web Extra: for the recipe, visit vegetariantimes.com/greenlongevitydrink.*

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